

YOUR BILL OF ASSERTIVE RIGHTS

- 1. You have the right to judge your own behaviours, thoughts and emotions, and to take responsibility for their initiation and consequences upon yourself.**
- 2. You have the right to offer no reasons or excuses for justifying your behaviour.**
- 3. You have the right to judge if you are responsible for finding solutions to other people's problems.**
- 4. You have the right to change your mind.**
- 5. You have the right to make mistakes and be responsible for them.**
- 6. You have the right to say "I don't know."**
- 7. You have the right to be independent of the goodwill of others before coping with them.**
- 8. You have the right to be illogical in making decisions.**
- 9. You have the right to say, "I don't understand."**
- 10. You have the right to say, "I don't care."**
- 11. You have the right to say "no."**
- 12. You have the right to do less than you are humanly capable of doing.**
- 13. You have the right to take the time you need to respond.**
- 14. You have the right to disagree with others regardless of their position or numbers.**
- 15. You have the right to feel all of your emotions (including anger) and express them appropriately.**
- 16. You have the right to ask questions.**
- 17. You have the right to be treated with respect.**
- 18. You have the right to ask for what you want.**
- 19. You have the right to feel good about yourself, your actions and your life.**
- 20. You have the right to exercise any and all of these rights, without feeling guilty.**