



Your Personal Bill of Rights

- I have the right to ask for what I need.
- I have the right to say no to requests or demands I can't meet.
- I have the right to express my feelings, both positive and negative.
- I have the right to make mistakes and not have to be perfect.
- I have the right to change my mind.
- I have the right to follow my own values and standards.
- I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.
- I have the right to determine my own priorities.
- I have the right *not* to be responsible for others' behavior, actions, feelings, or problems.
- I have the right to expect honesty from others.
- I have the right to be angry at someone I love.
- I have the right to be uniquely myself.
- I have the right to feel scared and say, "I'm afraid."
- I have the right to say, "I don't know."
- I have the right not to give excuses or reasons for my behavior.
- I have the right to make decisions based on my feelings.
- I have the right to my own needs for personal space and time.
- I have the right to be playful and frivolous.
- I have the right to be healthier than those around me.
- I have the right to be in a non-abusive environment.
- I have the right to make friends and be comfortable around people.
- I have the right to change and grow.
- I have the right to have my needs and wants respected by others.
- I have the right to be treated with dignity and respect.
- I have the right to be happy.

Resource: Edmund Bourne, Ph.D.: *The Anxiety & Phobia Workbook*

