

Personal Bill of Rights

	Agree	Disagree	Not sure
1. I have the right to ask for what I want			
2. I have the right to say "no" to requests or demands..			
3. I have the right to express all of my feelings, positive or negative.			
4. I have the right to change my mind.			
5. I have the right to make mistakes and not have to be perfect.			
6. I have the right to follow my own values and standards.			
7. I have the right to say "no" to activities that are are contrary to my morals, beliefs or values.			
8. I have the right to determine my own priorities.			
9. I have the right not to be responsible for others' actions, feelings or problems			
10. I have the right to expect honesty from others.			
11. I have the right to be angry with someone I love.			
12. I have the right to be uniquely myself.			
13. I have the right to feel scared and say, "I'm afraid."			
14. I have the right to say, "I don't know".			
15. I have the right not to give excuses or reasons for my behaviour.			
16. I have the right to make decisions based on my feelings.			
17. I have the right to my own needs for personal space and time.			
18. I have the right to be playful and frivolous.			
19. I have the right to be healthier than those around me.			
20. I have the right to be in a non-abusive environment.			
21. I have the right to make friends and be comfortable around people.			
22. I have the right to change and grow.			
23. I have the right to have my needs and wants respected by others			
24. I have the right to be treated with dignity and respect			
25. I have the right to be happy.			
26. Other			