



YOUR BILL OF ASSERTIVE RIGHTS

1. You have the right to judge your own behaviors, 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 behavior.
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 the these rights, without feeling guilty.