

***Personal Rights Handout***  
***From “The Assertive Option: Your Rights and Responsibilities”***

YOU HAVE:

1. The right to act in ways that promote your dignity and self respect as long as other's rights are not violated in the process
2. The right to be treated with respect
3. The right to say no and not feel guilty
4. The right to experience and express your feelings
5. The right to take time to slow down and think
6. The right to change your mind
7. The right to ask for what you want
8. The right to do less than you are humanly capable of doing
9. The right to ask for information
10. The right to make mistakes
11. The right to feel good about yourself