

Assertive Bill of Rights

The following rights highlight the freedom you have to be yourself without disrespecting others.

- **The right to have and express your own feelings and opinions appropriately and have them taken seriously by others.**
- **The right to ask for what you want.**
- **The right to say “no” without feeling guilty.**
- **The right to be treated with respect and not be taken for granted.**
- **The right to offer no reasons or excuses.**
- **The right to set your own priorities.**
- **The right to make mistakes.**
- **The right to change your mind.**
- **Then right to make your own decisions and deal with the consequences.**
- **The right to choose not to assert yourself.**

