

PERSONAL RIGHTS

1. You have the right to act in ways that promote your own dignity and self-respect as long as others' rights are not violated in the process.
2. You have the right to be treated with respect.
3. You have the right to say "no" and not feel guilty or selfish.
4. You have the right to feel and express your feelings.
5. You have the right to take time and slow down and think.
6. You have the right to change your mind.
7. You have the right to ask for what you want.
8. You have the right to express your ideas and the reasons you have them.
9. You have the right to ask for information and say "I don't understand."
10. You have the right to make mistakes.
11. You have the right to say "I don't know."
12. You have the right to feel good about and praise yourself.

