

THE ASSERTIVE BILL OF RIGHTS

1. YOU HAVE THE RIGHT TO OWN YOUR OWN BEHAVIORS, THOUGHTS & EMOTIONS.
2. YOU DO NOT NEED TO OFFER ANY REASON, EXCUSE OR JUSTIFICATION FOR YOUR THOUGHTS, FEELINGS, DECISIONS OR BEHAVIORS.
3. YOU HAVE TO DECIDE IF YOU WANT TO TAKE RESPONSIBILITY FOR SOMEONE ELSE'S PROBLEMS, WANTS/NEEDS OR BEHAVIORS (OR NOT).
4. YOU HAVE THE RIGHT TO CHANGE YOUR MIND, AT ANY TIME, FOR ANY REASON.
5. YOU HAVE THE RIGHT TO MAKE MISTAKES. (SEE #1)
6. YOU HAVE THE RIGHT TO MAKE DECISIONS FOR YOUR OWN REASONS. (SEE #2)
7. YOU HAVE THE RIGHT TO LET OTHERS TAKE RESPONSIBILITY FOR THEMSELVES AND THEIR WELLBEING.
8. THE FOLLOWING ARE COMPLETE SENTENCES AVAILABLE TO YOU AT ANY TIME: "I DON'T KNOW", "I DON'T UNDERSTAND", "I DON'T CARE", "No".
9. YOU HAVE THE RIGHT TO DO LESS THAN YOU ARE ABLE/CAPABLE OF DOING. (SEE #1)
10. YOU HAVE THE RIGHT TO COMMUNICATE AND BE ACCESSIBLE ON YOUR TERMS.
11. YOU HAVE THE RIGHT TO HOLD AN OPINION, EVEN IF IT IS IN CONFLICT WITH SOMEONE ELSE'S.
12. YOU HAVE THE RIGHT TO DECIDE NOT TO MEET SOMEONE ELSE'S NEEDS.
13. YOU HAVE THE RIGHT TO MEET YOUR NEEDS.
14. YOU HAVE THE RIGHT TO FEEL AND EXPRESS ALL OF YOUR EMOTIONS.
15. YOU HAVE THE RIGHT TO NOT KNOW EVERYTHING.
16. YOU HAVE THE RIGHT TO ASK QUESTIONS, OR FOR HELP.
17. YOU HAVE THE RIGHT TO TAKE UP SPACE.
18. YOU HAVE THE RIGHT TO BE TREATED WITH RESPECT.
19. YOU HAVE THE RIGHT TO SET AND ENFORCE BOUNDARIES.
20. YOU HAVE THE RIGHT TO ASK FOR WHAT YOU WANT.
21. YOU HAVE THE RIGHT TO FEEL GOOD ABOUT YOURSELF, YOUR ACTIONS & YOUR LIFE.
22. YOU HAVE THE RIGHT TO EXERCISE ANY AND ALL OF THESE AFOREMENTIONED RIGHTS WITHOUT GUILT OR SHAME.