



Am I ready to sign the to Bill of Rights & Responsibilities?

*CONSISTENCY in words and actions makes me ***predictable and dependable***.

When people know what to expect from me, they're more likely to feel trust and safety.

For each statement, reflect: *"Do I consistently embody the responsibility paired with each right?"*

For each statement, rate yourself from **1** (Not Yet) → **5**

Respect & Dignity

☐

I speak and act with the respect I wish to receive.

☐

I acknowledge and recognize others' feelings and experiences — even if I do not agree.

Pain & Grief

☐

I give myself permission to grieve without shame.

☐

I create compassionate space for my own and other's pain.

Emotional Support

☐

I offer the support I wish for myself.

☐

I seek support when my challenges exceed my capacity.

Personal Growth

☐

I actively learn new tools and skills to navigate my circumstances wisely.

☐

I understand that growth comes at different paces for different people.

Forgiveness

☐

I extend compassion toward myself.

☐

I engage in the process of forgiving for the sake of emotional freedom and healing.

Boundaries

☐

I understand what boundaries are, and how to state mine clearly and calmly.

☐

I respect the boundaries that others set.

Changing Roles: *Parent of Child* ➡ *Parent of Adult Child*

☐

I understand the changes of my role and adapt.

☐

I discern with wisdom what is welcome, and what may be received as intrusive.

Individuality

☐

I live by values I intentionally choose.

☐

I respect the individuality of others, even when their values differ from mine.

Hope

☐

I hold hope for reconciliation, peace, and joy. .

☐

I pair hope with action - tending to my own growth and meaningful life.

Self-Care

☐

I care for my mental, emotional, physical, and spiritual health daily.

☐

I model self-care as a priority for my life.

Healthy Communication

☐

I practice active listening, validation, and emotional intelligence.

☐

I thoughtfully choose words to build bridges, not walls...

Validation

☐

I am able to make space for the perspective of others.

☐

I reflect on others' thoughts and emotions : "*You are seen, heard, and understood.*"

Respectful Disagreement

☐

I manage disagreements with wisdom and grace.

☐

Each of us "writes" our own narrative. I strive to understand the impact of others' narratives, even when memories are different from mine.

Grandchildren

☐

I honor parents request in order to maintain bonds with my grandchildren.

☐

I create a positive, supportive space for my grandchildren.

Fulfilling Life

☐

I cultivate joy and purpose — even beyond estrangement.

☐

I claim a meaningful life as my birthright.

Reconciliation

☐

I reflect on my part for the distance between us.

☐

I embody competence, confidence, compassion, and healthy communication

Peaceful Co-existence

☐

I contribute to a calm and respectful atmosphere in shared spaces.

☐

I show consideration for the comfort and dignity of everyone involved.

Scoring

Mostly 4s and 5s: You're ready to sign — you're living the Responsibilities that give your Rights strength.

Mostly 2s and 3s: You're practicing...and there's room to grow

Mostly 1s: Start here — the Responsibilities are your curriculum. This is your pathway forward.

This checklist is not about perfection — it's about awareness and growth.

Each item is a step toward demonstrating the responsibility paired with each Right.

This list can be your "actionable curriculum"