

# BILL OF RIGHTS

## I HAVE THE RIGHT TO:

BE TREATED WITH RESPECT

MY OWN OPINIONS

EXPRESS MY FEELINGS

STAND UP FOR MY VALUES, GOALS, PRIORITIES

DISAGREE

UNDERSTAND A REQUEST BEFORE AGREEING

ASK FOR INFORMATION OR CLARIFICATION

TAKE TIME TO THINK ABOUT A REQUEST OR DECISION

SAY NO WITHOUT GUILT OR SHAME

ASK FOR MY WANTS AND NEEDS

SET HEALTHY BOUNDARIES

BE IN WISE MIND BEFORE I GET INTO A DISCUSSION

DISENGAGE FROM A CONFLICT

ASK FOR OTHER RIGHTS RELATED TO MY NEEDS AND WANTS, GOALS, PRIORITIES\*

\*OTHERS HAVE ALL OF THESE SAME RIGHTS IN OUR RELATIONSHIPS