

Your bill of assertive rights

The following list of personal rights is relevant to you and to everyone else. Being assertive means asserting these rights for yourself but also acknowledging that others also have these rights. Practise repeating your personal rights, especially those rights that seem hardest to accept. Remember this list is not exhaustive, it is just designed to give you an idea of your rights.

- I have the right to be the judge of what I do and what I think.
- I have the right to offer no reasons and excuses for my behaviour.
- I have the right to refuse to be responsible for finding solutions to other people's problems.
- I have the right to change my mind.
- I have the right to make mistakes.
- I have the right to say "I don't know".
- I have the right to make my own decisions.
- I have the right to say "I don't understand".
- I have the right to say "I don't care".
- I have the right to say "no" - without feeling guilty.
- I have the right to be miserable or cheerful.
- I have the right to be illogical in making decisions.
- I have the right to set my own priorities.
- I have the right to be myself without having to act for other people's benefit.