

Basic Personal Rights

You have the right:

- to privacy -- in marriage, in family, in any relationship, in any group -- the right to keep a part of your life secret, no matter how trivial or how important, merely because you want it to be that way. And you have the right to be alone part of each day, each week, and each year, to spend time with yourself.
- on occasions to make demands of others.
- to ask for consideration, help, and/or affection from others.
- to say "no" without feeling guilty or selfish.
- to hear "no" without feeling unworthy.
- to ask questions of anyone, at any time, in any manner that affects your life, so long as it is your business to do so, and to be listened to and taken seriously.
- to have your opinions and ideas given the same respect and consideration others have.
- to self-respect and to do everything you need to do to increase your self-esteem so long as you hurt no one in doing so.
- to be trusted and to trust and to be taken at your word. If you are wrong, you have the right to be given a chance to make good if possible.
- to make mistakes and be responsible for them (not the same old ones - but new ones).
- to not automatically be assumed wrong.
- to say "I don't know" or "I don't understand."
- to have your needs be as important as another's.
- to be free as long as you act responsibly and are mindful of the rights of others and of those obligations that you entered freely.
- to feel and express anger and other emotions.
- to use your judgment in deciding your own needs.
- to make your own decisions.
- to tell others what your needs are.
- to ask others to change their behavior.
- to take time to sort out your reactions -- before responding to other people's communications/actions.
- not to have others impose their values on you.