

YOUR RIGHTS

- 1) You have a right not to be manipulated by others
- 2) You have a right to say “no” - to refuse or reject requests without feeling guilty
- 3) You have a right not to have to justify your reasons for saying “no”
- 4) You have a right to voice an opinion and expect respect for that voicing
- 5) You have a right to demand and receive respect
- 6) You have a right to ignore or agree with someone’s criticism of you
- 7) You have a right to express your feelings clearly, firmly and appropriately-be those feelings anger, love and affection, or hurt and disappointment
- 8) You have a right to request information from a professional
- 9) You have a right to ask for a second or third opinion
- 10) You have a right to give your views to a person in authority
- 11) You have a right to request service in a store or restaurant
- 12) You have a right to request the return of a borrowed item
- 13) You have a right to start conversations with new acquaintances or strangers
- 14) You have the right to not feel you need to defend yourself against criticism
- 15) You have the right to be responsibly assertive

