Tyania M.
COUNSELING & COACHING

Personal Bill of Rights

1. I have a right to ask for what I want.
2. I have a right to say no to requests for demands that I cannot meet.
3. I have a right to express all of my feelings—positive and negative.
4. I have a right to change my mind.
5. I have a right to make mistakes and do not have to be perfect.
6. I have a right to follow my own values and beliefs.
7. I have the right to say no to anything if I feel that I am not ready, if it is unsafe, or if it conflicts with my values.
8. I have the right to determine my own priorities.
9. I have the right not to be responsible for the actions, feelings or behavior of others.
10. I have the right to expect honesty from others.
11. I have the right to be angry at someone I love.
12. I have the right to be myself. To be unique.
13. I have the right to express fear.
14. I have the right to say, "I don't know."
15. I have the right not to give excuses or reasons for my behavior.
16. I have the right to make decisions based on my feelings.
17. I have the right to my own personal space and time.
18. I have the right to be playful.
19. I have the right to be healthier than those around me.
20. I have the right to feel safe, and be in a non-abusive environment.
21. I have the right to make friends and be comfortable around people.
22. I have the right to change and grow.
23. I have the right to have my wants and needs respected by others.
24. I have the right to be treated with dignity and respect.
25. I have the right to be happy.



"Dignity really means that I deserve the best treatment I can receive." — Maya Angelou