

ASSERTIVE PERSONS' BILL OF RIGHTS

- ? You have a right to put yourself first sometimes
- ? You have a right to make mistakes
- ? You have a right to your own feelings, beliefs, and opinions
- ? You have a right to change your mind or decide on a different course of action
- ? You have a right to speak up if you feel you've been treated unfairly
- ? You have a right to ask for clarification when you do not understand something
- ? You have a right to ask for help or emotional support
- ? You have a right to feel pain and to express pain
- ? You have a right to ignore the advice of others
- ? You have a right to receive formal recognition for your work and achievements
- ? You have a right to say "no"
- ? You have a right to be left alone when you want to be alone
- ? You have a right not to have to anticipate others' needs