

## Personal Bill of Rights

1. I have the right to ask for what I want.
2. I have the right to say no to requests or demands I can't meet.
3. I have the right to express all of my feelings, positive or negative.
4. I have the right to change my mind.
5. I have the right to make mistakes and not have to be perfect.
6. I have the right to follow my own values and standards.
7. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values.
8. I have the right to determine my own priorities.
9. I have the right *not* to be responsible for others' behavior, actions, feelings, or problems.
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 uniquely myself.
13. I have the right to feel scared and say, "I'm afraid."
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 needs for personal space and time.
18. I have the right to be playful and frivolous.
19. I have the right to be healthier than those around me.
20. I have the right to be in a nonabusive 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 needs and wants respected by others.
24. I have the right to be treated with dignity and respect.
25. I have the right to be happy.

## Ten Irrational Ideas That Interfere with Assertiveness

1. You *must*, yes *must*, have sincere love and approval *all* the time from *all* the people you find significant.
2. You *must* prove yourself thoroughly competent, adequate, and achieving, or you *must* at least have real competence or talent at something important.
3. You *must* view life as awful, terrible, horrible, or catastrophic when things do not go the way you would like them to go.
4. People who harm you or commit misdeeds against you like acting generally bad, wicked or villainous *must* be severely blamed, damned or punished for their sins.
5. If something seems dangerous or fearsome, you *must* become terribly preoccupied with it, upset over it, overwhelmed, and incapacitated by it.
6. People and things should turn out better than they do and you *must* view it as *completely* awful or terrible if you cannot quickly find excellent solutions to *all* of life's problems.
7. Emotional misery *only* comes from external pressures and since you have little ability to control them you *must* therefore end up feeling depressed or hostile *all* the time.
8. You find it easier to avoid facing many of life's difficulties and self-responsibilities than attempting to undertake a more rewarding form of self-discipline and control.
9. Your past remains *all* important, because something that once strongly influenced your life has to keep determining your feelings and behavior today, tomorrow, and *forever*.
10. You *should* be able to achieve happiness by inertia, inaction or by passively and uncommittedly just trying to "enjoy yourself".