

My Rights

I have the right to:

1. _____
2. _____
3. express my feelings and my opinions
4. say “no” without having to justify myself and feel guilty
5. pay attention to my own needs
6. establish my priorities and make my own decisions
7. change my mind
8. decide how I want to use my goods, my body and my time
9. make mistakes and take responsibility for them
10. ask for a favour while recognizing that the other has the right to say “no”
11. ask for an information
12. choose not to assert myself
13. do anything as long as I do not violate the rights of someone else
14. preserve my dignity in asserting myself in a constructive way, even if the other feels hurt
15. to be independent / autonomous
16. be successful
17. have rights and make them heard
18. be left alone
19. be treated with respect and dignity
20. be listened to and be taken seriously
21. get what I have paid for
22. initiate a discussion of a problem with the person involved in order to clarify the problem in a situation where the rights are ambiguous.

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