

Bill of Rights

In your relationship with others you have a right to (or maybe even a *duty to yourself* to):

- Look after yourself
- Make mistakes
- Accept all your feelings as valid
- Have your own opinions and convictions
- Change your mind or behaviour
- Protest at unfair treatment
- Negotiate for change
- Express yourself
- Ask for help
- Ignore advice
- Say “No”
- Be alone, even if others prefer your company
- Be exactly who you are

It is *not* your responsibility to:

- Give what you can't or don't wish to give
- Sacrifice your integrity to any cause or person
- Drain yourself in caring for others (although you may sometimes choose to do this)
- Put up with unfair treatment
- Conform to unreasonable demands
- Be perfect
- Follow the crowd
- Feel guilty for inner desires
- Bear the burden of another person's misbehaviour
- Meekly let life pass you by
- Be anyone other than exactly who you are

Source: *Unknown*