

As a Person, I have the Right to:

- ▶ Be myself.
- ▶ Refuse requests without feeling selfish.
- ▶ Be competent and proud of my accomplishments.
- ▶ Feel and express anger.
- ▶ Ask for affection and help (may be turned down, but can ask).
- ▶ Be treated as a capable adult.
- ▶ Be illogical in making decisions.
- ▶ Make mistakes...and be responsible for them.
- ▶ Change my mind.
- ▶ Say, "I don't know"
- ▶ Say, "I don't agree."
- ▶ Say, "I don't understand."
- ▶ Offer no reasons or excuses for justifying my behavior.
- ▶ Have my opinions given respect.
- ▶ Have my needs be as important as the needs of others.
- ▶ Tell someone what my needs are (they may not care or do anything about it).
- ▶ Judge my own behavior, thoughts and emotions and be responsible for their initiation and consequences upon myself.
- ▶ Take pride in my body and to define attractiveness in my own terms.
- ▶ Grow, learn and change to value my age and experience.
- ▶ And sometimes, to make demands on others.