



## **I Have the Right**

I have rights. I can assert my rights but I cannot force others to recognize them. Rights come with responsibilities. This includes recognizing that others also have these rights. I have the right . . .

### **To say no**

To refuse requests from others without feeling selfish or guilty

### **To make requests**

To ask for consideration, help, and affection from others

To ask for something I want (knowing the other person has the right to say no)

To ask others to change their behaviour

### **To have needs**

To use my judgement in deciding my own needs

To tell others what my needs are

### **To be myself**

To take the time and space I need to sort out my reactions

To make mistakes (and to be responsible for them)

To change my mind

To feel and express anger and other emotions

### **To be respected**

To be treated as an adult

To not have others impose their values on me

To have my opinions and ideas given the same respect and consideration others have

To not automatically be assumed wrong

Adapted from Fensterheim & Baer (1975); Jakubowski-Spector (1974); Smith (1975)  
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