



## PERSONAL BILL OF RIGHTS

1. I have the right to acknowledge my limitations and say, “No” to requests that I cannot meet.
2. I have the right to say, “No” when I feel I am unready or unsafe, or when saying “Yes,” would violate my values.
3. I have the right to ask for what I want without feeling guilty for doing so.
4. I have the right to express my thoughts and feelings, both positive and negative, as long as I am not being aggressive or manipulative in the process.
5. I have the right to change my mind.
6. I have the right to make mistakes and to be imperfect.
7. I have the right to follow my own values and standards.
8. I have the right to determine my own priorities.
9. I have the right not to assume other people’s responsibilities.
10. I have the right to expect honesty from others.
11. I have the right to feel my emotions, including anger.
12. I have the right to be true to myself.
13. I have the right to make my own decisions.
14. I have the right to set aside personal space and time for self-care.
15. I have the right to be playful and frivolous at times (except when doing so would endanger the well-being of others who depend on me).
16. I have the right to work on maintaining my personal health.
17. I have the right not to be in an abusive environment.
18. I have the right to make friends with others and to enjoy a balanced social life.
19. I have the right to change and grow with time.
20. I have the right to be treated with dignity and respect.

Modified from: [The Anxiety and Phobia Workbook](#) [Third Edition], by Edmund J. Bourne, (2000). Oakland, CA: New Harbinger Publications, Inc.