

YOUR LEGITIMATE RIGHTS

- 1 You have a right to need things from others
- 2 You have a right to put yourself first sometimes
- 3 You have a right to make mistakes
- 4 You have a right to be the final judge of your feelings and accept them as legitimate
- 5 You have a right to have your own opinions and convictions
- 6 You have a right to change your mind or decide on a different course of action
- 7 You have a right to protest any treatment or criticism that feels bad to you
- 8 You have a right to interrupt in order to ask for clarification
- 9 You have a right to negotiate for change
- 10 You have a right to ask for help or emotional support
- 11 You have a right to feel and express pain
- 12 You have a right to ignore the advice of others
- 13 You have a right to receive recognition for your work and achievements
- 14 You have a right to say "no"
- 15 You have a right to be alone, even if others would prefer your company
- 16 You have a right not to have to justify yourself to others
- 17 You have a right to not take responsibility for someone else's problem
- 18 You have a right not to have to anticipate others' needs and wishes
- 19 You have a right not to always worry about the goodwill of others
- 20 You have a right to choose not to respond to a situation