

Your Bill of *Rights*



## Your Bill of Rights

1. I do not have to feel guilty just because someone else does not like what I do, say, think or feel.
2. It is OK for me to feel angry and to express it in responsible ways.
3. I do not have to assume full responsibility for making decisions, particularly where others share responsibility for making the decisions.
4. I have the right to say 'I don't understand' without feeling stupid or guilty.
5. I have the right to say 'I don't know'.
6. I have the right to say NO without feeling guilty.
7. I do not have to apologize or give reasons when I say NO.
8. I have the right to ask others to do things for me.
9. I have the right to refuse requests which others make of me.
10. I have the right to tell others when I think they are manipulating, conning or treating me unfairly.



11. I have the right to refuse additional responsibilities without feeling guilty.
12. I have the right to tell others when their behaviour annoys me.
13. I do not have to compromise my personal integrity.
14. I have the right to make mistakes and to be responsible for them. I have the right to be wrong.
15. I do not have to be liked, admired, or respected by everyone for everything I do.

## The Five Freedoms

1. The freedom to see and hear (that is perceive) what is here and now rather than what could be, should be, or what someone else is pretending is.
2. The freedom to think what one thinks rather than what one should think.
3. The freedom to feel what one feels rather than what one should feel.
4. The freedom to want or to desire and to choose what one wants rather than what one should want.
5. The freedom to imagine one's own self-actualising rather than playing a rigid role or always playing it safe, taking no risks and attempting to live up to others' expectations.

**Source:** **Virginia Satir** was an influential American author and psychotherapist, recognized for her approach to family therapy.