

# The Assertive Bill of Rights

1. I have the right to have and express opinions, views and ideas, which may or may not be different from other people's - and so do you.
2. I have the right to have these opinions, views & ideas listened to & respected (not necessarily agreed with or 'put on a pedestal', but accepted as being valid for you) - and so do you
3. I have the right to have needs & wants that may be different from other people's - and so do you
4. I have the right to ask (not demand) that others respond to my needs & wants - and so do you
5. I have the right to refuse a request without feeling guilty or selfish - and so do you
6. I have the right to have feelings & to express them assertively if I so choose - and so do you
7. I have the right to be 'human' (to be wrong sometimes) - and so do you
8. I have the right to decide not to assert myself (to choose not to raise a particular issue) - and so do you
9. I have the right to be true to my own self; this may be the same as, or different from, what others would like me to be (it includes choosing friends, interests etc.) - and so do you
10. I have the right to have others respect my rights - and so do you