

Assertive Bill of Rights

The following rights highlight the freedom you have to be yourself without disrespecting others.

- The right to have and express your own feelings and opinions appropriately and have them taken seriously by others.
- The right to ask for what you want.
- The right to say "no" without feeling guilty.
- The right to be treated with respect and not be taken for granted.
- The right to offer no reasons or excuses.
- The right to set your own priorities.
- The right to make mistakes.
- The right to change your mind.
- The right to make your own decisions and deal with the consequences.
- The right to choose not to assert yourself.

Remember that other people have these rights too!

Source: Adapted from the *Assertive Bill of Rights* published by Ceridian Corporation (1999)

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