

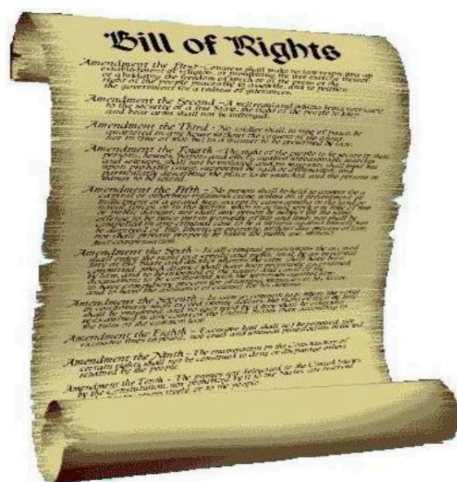


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This article is about your 'Personal Bill of Rights'.

Have you ever heard of a Personal Bill of Rights? Read on to find out more.

And don't forget, our last article was about The Digital Age – how to survive and thrive. [Click here](#) to learn more, and to access all our previous articles.

Do You Have a 'Personal Bill of Rights'?

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A Bill of Rights is a list of the most important rights that individuals are afforded. The purpose of a Bill of Rights is to protect fundamental rights and liberties of individuals from violation by public officials and private people. So, what is a 'Personal Bill of Rights'? Glad you asked. Read on to find out more.

We can create our own Personal Bill of Rights as a way of affirming our self-worth, and as a way of creating guidelines by which we expect to be treated. Sometimes, if we've been treated poorly in

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our childhood, we may not even consider that we have basic entitlements and rights. We may not be clear about how we deserve to be treated, especially if we don't feel worthy. Yet you can change this. You can become your own best advocate. You can stand up and be an ambassador for your rights ... just as you would stand up for someone else.

If you are not sure what your Personal Bill of Rights might include, below is a list that might help. These are things that everyone is entitled to. You may want to print off this list and put it in a visible place. You may want to read them each day, and repeat them to yourself. You may want to reflect on which ones you have acted on in your day, and note any that you find difficult to enact. You may want to reflect on whether any of these bring up uncomfortable feelings, and if they do, maybe reflect on why this might be. You may also want to add your own (as long as they are positive and will lead to benefits, long-term). Use your Personal Bill of Rights to grow your confidence, and assert your boundaries.

Personal Bill of Rights

1. I have the right to ask for what I want.
2. I have the right to say "no" to requests or demands I can't meet.
3. I have the right to express all of my feelings, positive or negative.
4. I have the right to change my mind.
5. I have the right to make mistakes and to not be perfect.
6. I have the right to follow my own

standards.

7. I have the right to say "no" to anything when I feel I am not ready, it is unsafe, or it violates my values.
8. I have the right to determine my own priorities.
9. I have the right not to be responsible for others' behaviour, actions, feelings, or problems.
10. I have the right to expect honesty from others.
11. I have the right to be angry at someone I love.
12. I have the right to be uniquely myself.
13. I have the right to feel scared and say "I'm scared".
14. I have the right to say "I don't know".
15. I have the right not to give excuses or reasons for my behaviour.
16. I have the right to make decisions based on my feelings.
17. I have the right to my own needs for personal space and time.
18. I have the right to be playful and frivolous.
19. I have the right to be healthy.
20. I have the right to be in a non-abusive environment.
21. I have the right to make friends and be comfortable around people.
22. I have the right to change and grow.
23. I have the right to have my needs and wants respected by others.
24. I have the right to be treated with dignity and respect.
25. I have the right to be happy.

If you would like some help to create your own Personal Bill of Rights, or you would like strategies to grow your confidence and assertiveness, contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

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