

A BILL OF ASSERTIVE RIGHTS

It is reasonable and proper for me....

To be treated with respect

To hold my own views and have them heard

To have my own feelings and have them taken seriously

To arrange my own priorities

To make mistakes

To change my mind

To choose not to answer questions that are personal or intrusive

To choose when and if to assert myself

To define and protect the physical space I need

To refuse without feeling guilty

To get what I pay for

To ask for what I want

To be given information (by doctors, lawyers, accountants etc) without being patronized

Any right I claim as my own, I extend to others