

Assertiveness Bill of Rights

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

The right to respect myself – who I am and what I do.

The right to have and express my own feelings and opinions appropriately and have them taken seriously by others – to make “I” statements about how I feel and think. For example, “I feel very uncomfortable with your decision.”

The right to recognize my own needs as an individual – that is, separate from what is expected of me in particular roles such as “daughter,” “brother,” “partner,” “student,” or “worker.”

The right to set my own priorities and ask for what I want rather than hoping someone will notice what I 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 for justifying my behaviors.

The right to make mistakes, recognizing that it is normal to make mistakes.

The right to ask for time to think something over. For example, when people ask me to do something, I have the right to say, “I would like to think it over and I will let you know my decision by the end of the week.”

The right to say, “I don’t know” and “I don’t understand.”

The right to change my mind.

The right to allow myself to enjoy my successes – that is, by being pleased with what I have done and sharing it with others.

The right to recognize that I am not responsible for the behavior of other adults.

The right to make my own decisions and deal with the consequences.

The right to respect other people and their right to be assertive and expect the same in return.

The right to choose not to assert myself.