

## Bill of Rights

1. I do not have to feel guilty just because someone else does not like what I do, say, think, or feel.
2. It is okay for me to feel angry and to express it in responsible ways.
3. I do not have to assume full responsibility for making decisions, particularly where others share responsibility for making the decision.
4. I have the right to say, "I don't understand" without feeling stupid or guilty.
5. I have the right to say, "I don't know".
6. I have the right to say "no" without feeling guilty.
7. I do not have to apologize or give reason when I say "no".
8. I have the right to ask others to do things for me.
9. I have the right to refuse requests which others make of me.
10. I have the right to tell others when I think they are manipulating, conning, or treating me unfairly.
11. I have the right to refuse additional responsibilities without feeling guilty.
12. I have the right to tell others when I think their behavior annoys me.
13. I do not have to compromise my personal integrity.
14. I have the right to make mistakes and to be responsible for them – I have the right to be wrong.
15. I do not have to be liked, admired, or respected by everyone for everything I do.
16. I have the right to evaluate my own behavior, thoughts, and emotions, and to take responsibility for their initiation and consequences.
17. I have the right to offer no reason or excuses for justifying myself.
18. I have the right to decide if I am responsible for finding solutions to others people's problems.
19. I have the right to change my mind.
20. I have the right to be independent of the goodwill of others before coping with them.
21. I have the right to be illogical in making decisions
22. I have the right to think about; my life, my goals, and myself and leave other things to God.
23. I have the right to leave the company of people who deliberately or inadvertently put me down, lay a guilt trip on me, manipulate or humiliate me. That includes my alcoholic partner, my non-alcoholic partner, or any other member of my family.
24. I have the right to a mentally healthy, sane way of existence, though it will deviate in part, or all, from my partners prescribed philosophy of life.
25. I have the right to laugh and play and have fun. I have the right to enjoy this life, right here, right now.
26. I have the right to carve out my own place in this world.