

Your Personal Rights, from The Better Boundaries Workbook by Sharon Martin, MSW, LCSW (2021)

- I have the right to be treated with respect and kindness.
- I have the right to say no.
- I have the right to change my mind.
- I have the right to be physically and emotionally safe.
- I have the right to have my own thoughts, feelings, values, and beliefs.
- I have the right to happiness and pleasure.
- I have the right to rest.
- I have the right to privacy.
- I have the right to share or not share my possessions.
- I have the right to decide what's best for me.
- I have the right to distance myself from or end relationships with negative or hurtful people.
- I have the right to pursue my goals.
- I have the right to set boundaries.