

BASIC ASSERTIVE RIGHTS

1. The right to be treated with dignity and respect.
2. The right to **make mistakes**.
3. **The right to say NO and reject petitions without feeling guilty or selfish.**
4. The right to decide not to be assertive.
5. The right to enjoy.
6. The right to succeed.
7. The right to **change my mind**.
8. The right to be heard
9. The right to set my priorities, judge my needs and **make my own decisions**.
10. The right to ask, given that the other person has the **right to reject my request**.
11. The right to be independent.
12. The right **not to know how to guess** or anticipate the needs of other people.
13. The right to feel and express pain.
14. The right not to answer if I don't feel like it.
15. The right to take the time you need to respond.
16. The right **not to justify myself** to others.
17. The right to request information and to be informed.
18. The right to express my opinions and feelings.
19. The right to say "I don't know", "I don't understand" and "I don't care".
20. The right to change something that doesn't satisfy me.
21. The right not to follow the advice I'm given.
22. The right not to be responsible for other people's problems.
23. The right to my isolation, rest and to be alone even if someone wants my company.
24. The right to protest when I'm treated unfairly.
25. The right to talk about the problem with the person involved.
26. The right to **stop and think before doing anything**.
27. The right not to be aware of other people's goodwill.
28. The right to outdo myself and others.
29. The right to decide what I do with my body, time and property if the rights of others are not violated.