

Basic Human Rights for Self-Development

I have the right to have these Basic Human Rights and to stand up for them.

I have the right to have my needs and feelings be as important as anyone else's.

I have the right to experience and express my feelings, if I choose to do so, in a respectful way.

I have the right to not be responsible for the feelings of another.

I have the right to express my opinions, if I choose to do so, in a respectful way.

I have the right to set my own priorities.

I have the right to establish independence if I choose to.

I have the right to decide how I spend my time.

I have the right to choose my own lifestyle so long as I do not violate the rights of others.

I have the right to change my lifestyle, my behaviours, my values, my life situation, my mind, and myself.

I have the right to make honest mistakes and to admit those mistakes without feeling humiliated.

I have the right to self-fulfilment through my own talents and interests.

I have the right to grow as a person and to accept new challenges.

I have the right to choose with whom I spend my time and with whom I share my body.

I have the right to be treated with dignity and respect in all my relationships.

I have the right to be listened to respectfully.

I have the right to ask for what I want assertively.

I have the right to say "I don't understand" or "I don't know" without feeling or being humiliated.

I have the right to say "No," and to set limits and boundaries without feeling guilty.

I have the right to set limits on how I will be treated in relationships.

I have the right to expect my boundaries to be respected.

I have the right to walk away from toxic or abusive relationships.