

Assertive Rights

1. You have the right to judge your own behavior, thoughts, and emotion, and to take responsibility for their initiation and consequences upon yourself.
2. You have the right to do anything so long as it does not hurt someone else or yourself.
3. You have the right to maintain your dignity – even if it hurts someone else – if your motive is assertive and not aggressive.
4. You always have the right to make a request of another person so long as you realize the other person has the right to say “no.”
5. Some things are not clear, but you always have the right to discuss the situation with the other person(s) involved to clarify it.
6. You have the right to change your mind.
7. You have the right to make mistakes and be responsible for the outcome.
8. You have the right to say: “I don’t know,” “I don’t understand,” “I don’t care.”
9. You have the right to choose your own priorities.
10. You have the right to choose not to be assertive.