

Assertiveness Bill of Rights

As human beings we all have certain rights.

They are the right to be:

- * treated with respect*
- * to make mistakes and be responsible for them*
- * to refuse requests without having to feel guilty or selfish*
- * to ask for what you want (realizing that the other person has the right to say 'no')*
- * to be listened to and to be taken seriously*
- * to say "I don't understand"*
- * to ask for information or help*