

PERSONAL BILL OF RIGHTS

1. LIFE SHOULD HAVE CHOICES BEYOND MERE SURVIVAL
2. YOU HAVE A RIGHT TO SAY NO TO ANYTHING WHEN YOU FEEL THAT YOU ARE NOT READY OR IT IS UNSAFE OR DANGEROUS.
3. LIFE SHOULD NOT BE MOTIVATED BY FEAR.
4. YOU HAVE A RIGHT TO ALL OF YOUR FEELINGS.
5. YOU ARE PROBABLY NOT GUILTY.
6. YOU HAVE A RIGHT TO MAKE MISTAKES.
7. THERE IS NO NEED TO SMILE WHEN YOU CRY.
8. YOU HAVE A RIGHT TO TERMINATE CONVERSATIONS WITH PEOPLE WHO PUT YOU DOWN AND HUMILIATE YOU.
9. YOU CAN BE HEALTHIER THAN THOSE AROUND YOU.
10. IT IS OK TO BE RELAXED, PLAYFUL AND FRIVOLOUS.
11. YOU HAVE A RIGHT TO CHANGE AND GROW.
12. IT IS IMPORTANT TO SET LIMITS AND BE SELFISH
13. YOU CAN BE ANGRY AT SOMEONE YOU LOVE.
14. YOU CAN TAKE CARE OF YOURSELF NO MATTER WHAT CIRCUMSTANCES YOU ARE IN.

ANON.



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**