

YOUR LEGITIMATE RIGHTS

1. You have a right to put yourself first, sometimes.
2. You have a right to make mistakes.
3. You have a right to be the final judge of your feelings and accept them as legitimate
4. You have a right to change your mind or decide on a different course of action.
5. You have a right to protest unfair treatment or criticism
6. You have a right to interrupt in order to ask for clarification.
7. You have a right to negotiate for change.
8. You have a right to ask for help or emotional support.
9. You have a right to feel and express pain.
10. You have a right to ignore the advice of others.
11. You have a right to receive formal recognition for your work and achievements.
12. You have a right to just say “no”.
13. You have a right to be alone, even if others would prefer your company.
14. You have a right not to have to justify yourself to others.
15. You have a right to not take responsibility for someone else’s problem.
16. You have a right not to have to anticipate others’ needs and wishes.
17. You have a right not to always worry about the goodwill of others.
18. You have a right to choose not to respond to a situation.