

ASSERTIVE BILL OF RIGHTS

Express yourself

Instructions:

Being assertive involves expressing your thoughts, feelings and needs while respecting the person you are talking to. It also means recognizing that other people have the right to express the same. Communicating assertively can help one feel understood, increase confidence, and decrease conflict. The following rights highlight the freedom you have to stand up for yourself and be clear about your position without disrespecting others. Review these rights, reflect on them, and then answer the reflection question that follows.

I have the right to...

- express my feelings and opinions appropriately and have them taken seriously by others.
- ask for what I want.
- disagree with others regardless of their position or numbers.
- take the time I need to respond.
- say “no” without feeling guilty.
- say “I don’t know”.
- be treated with respect and not be taken for granted.
- feel all of my emotions (including anger) and express them appropriately.
- offer no reasons or excuses.
- ask questions.
- set my own priorities.
- make mistakes.
- change my mind.
- make my own decisions and deal with the consequences.
- feel good about myself, my actions and my life.
- exercise any and all of these rights, without feeling guilty.

Looking at the rights above, what is one area you can benefit from working on and what is one action step you are willing to take in this area? _____