

Personal Bill of Rights

***Directions:**

1. Look over the following list of your “personal bill of rights.”
2. Which of these rights to find difficult to recognize as a right that you have?
Highlight or underline those rights.
3. Where did this distorted belief come from that you are not allowed to have that right?
Think of the first time that you “got the message” that you were not allowed to have that right.
4. How can you dispute that message? What is the proof against that message?

1. I have numerous choices in my life beyond mere survival.
2. I have a right to know and discover my Child Within.
3. I have a right to grieve over what I didn't get that I needed or what I got that I didn't need or want.
4. I have a right to follow my own values and standards.
5. I have a right to recognize my own value system as appropriate.
6. I have a right to say “No” to anything when I feel I am not ready, it is unsafe, or violates my values.
7. I have a right to dignity and respect.
8. I have a right to make decisions.
9. I have a right to determine and honor my own priorities.
10. I have the right to have my needs and wants respected by others.
11. I have the right to terminate conversations with people with whom I feel put down or humiliated.
12. I have the right NOT to be responsible for other's behavior, actions, feelings or problems.
13. I have a right to make mistakes and NOT be perfect.
14. I have a right to expect honesty from others.
15. I have a right to all my feelings.
16. I have a right to be angry at someone I love.
17. I have a right to be uniquely me, without feeling “I'm not good enough.”
18. I have a right to feel scared and say, “I'm afraid.”
19. I have a right to experience and then let go of fear, guilt and shame.
20. I have a right to make decisions based on my feelings, my judgment or any reason I choose.
21. I have a right to change my mind at any time.
22. I have the right to be happy.
23. I have the right to stability (i.e., “roots”) and stable healthy relationships of my choice.
24. I have the right to my own personal space and time needs.
25. There is no need to smile when I cry.
26. It is okay to be relaxed, playful and frivolous.
27. I have the right to be flexible and be comfortable doing so.
28. I have the right to change and grow.
29. I have the right to be open and improve communication skills so that I may be understood.
30. I have a right to make friends and be comfortable around people.
31. I have a right to be in a non-abusive environment.
32. I can be healthier than those around me.
33. I can take care of myself no matter what.
34. I have the right to grieve over actual or threatened losses.
35. I have the right to trust others who earn my trust.
36. I have the right to forgive others and forgive myself.
37. I have the right to give and receive unconditional love.

From **Healing the Child Within** by Charles L Whitfield M.D.

Originally published by HCI, Deerfield Beach Florida ©1987

* Directions added by Sheryl A. Isaacs

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