

YOUR RIGHTS TO BE ASSERTIVE

As you read these keep in mind they are human rights, not just for women and men, but also for children. They are based on the concept that people are capable and responsible, have good will toward others, and will change and develop in a healthy way as their life paths meet new situations. (Please note that these are not "legal" rights; that people still need to hold to certain levels of acceptable and professional behavior.)

YOU HAVE THE RIGHT...

1. ...to identify your wants and needs and ask for them.
2. ...to judge your own behavior, thoughts, emotions and feelings, to determine whether or not you are being responsible and accept the results.
3. ...to just "be" without offering apologies or excuses for not meeting others' expectations.
4. ...to change your mind--as often as necessary.
5. ...to make errors and take responsibility for them.
6. ...to postpone decisions until you feel fully prepared to make them.
7. ...to say you don't know.
8. ...to communicate and deal with others when appropriate whether they like you or not.
9. ...to make decisions which do not seem rational to others.
10. ...to ask questions until the issue is clear to you.
11. ...to say, "It doesn't matter to me."
12. ...to say "no" without guilt or explanation.
13. ...to actively disagree with someone.
14. ...to create new goals and values for yourself.
15. ...to have private thoughts that you wish not to tell others.
16. ...to be persistent.
17. ...to talk about yourself and mention your accomplishments when appropriate.