

My "Relationship Bill of Rights"

- I have the right to be treated with respect
- I have the right to say no and not feel guilty
- I have the right to express my feelings without being criticized
- I have the right to take time for myself
- I have the right to feel safe
- I have the right to make my own decisions
- I have the right to change my mind
- I have the right to ask for what I want
- I have the right to spend as much time with my family and friends as I want
- I have the right to make mistakes
- I have the right to not be pressured into doing stuff I don't feel like doing
- I have the right to feel good about myself
- I have the right to be respected if I want to end a relationship I have the right to say no and not feel guilty
- I have the right to express my feelings without being criticized
- I have the right to take time for myself
- I have the right to feel safe
- I have the right to make my own decisions
- I have the right to change my mind
- I have the right to ask for what I want
- I have the right to spend as much time with my family and friends as I want
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- I have the right to be respected if I want to end a relationship