



Basic Assertive Rights

1. **You have the right to do things that protect your dignity and self-respect, as long as you're not trampling on anyone else's rights.** You get to decide what you value and how you want to live your life.
2. **You have the right to be treated with respect.** You deserve to be treated with courtesy by everyone—whether it's salespeople, parents, employers, or doctors. You have the right to be seen as a capable person, not patronized or dismissed. Respect doesn't mean people have to always agree with you or give in to your every wish.
3. **You have the right to say no without feeling guilty.** Always putting what you want last isn't healthy. Many people struggle with saying "no" because they think it's selfish, but:
 - It's not healthy to sacrifice yourself.
 - Caring for others doesn't mean caring less about yourself.
 - You have a responsibility to value yourself just as much as you value others.
 - Your wants aren't less important just because of your role—whether you're a parent, employee, or anything else.
 - You don't have unlimited energy to keep meeting everyone else's needs.
4. **You have the right to experience and express your feelings.** Feelings are part of being human, and it's better to accept them than feel guilty about them. Accepting others doesn't mean tolerating abusive behavior, especially when it hurts you.
5. **You have the right to take time to slow down and think.** Rushing decisions doesn't make you more effective—it often leads to mistakes. It's okay to pause and reflect before you act.
6. **You have the right to change your mind.** When you learn new information, it's healthy to adjust your thinking. Digging in your heels when it makes sense to reconsider isn't

strength—it's rigidity. Of course, there are times when changing your mind isn't fair, like trying to renegotiate something after the fact.

7. **You have the right to ask for what you want.** If you don't speak up, you might end up trying to get what you need in sneaky or roundabout ways that only create bad feelings. Asking directly gives others the chance to do the same, and you both avoid second-guessing.
8. **You have the right to do less than you're capable of.** You don't have to give 100% all the time. You can waste your own time, know what you want, ask for help just because you'd rather not do something alone, and organize your life to maximize your enjoyment. Some things just aren't worth your best effort, and that doesn't make you any less of a person.
9. **You have the right to ask for information.** You can get a second opinion, ask for references, have things fixed when they aren't done properly, and say "I don't understand." Getting your questions answered helps you build trust with people you work with.
10. **You have the right to make mistakes.** Everyone makes them. No one goes through life without messing up sometimes. It's your job to own your mistakes and do your best to make things right.
11. **You have the right to feel good about yourself.** A lot of people struggle with this because they think it's arrogant or selfish but feeling good about yourself isn't the same as bragging or putting others down. You don't need to tear yourself down to be humble.