

# Human Bill of Rights



Each of you was blessed when given life. You have basic human rights, which belong to every person. You are not selfish or wrong for expressing and exercising your rights. In order for you to turn destructive patterns of abuse into a healthy lifestyle, you must understand and accept your rights. When acceptance occurs, a change will occur and so will a renewal of self.

- You have the right to be you.
- You have the right to say NO.
- You have the right to your opinion and to express it.
- You have the right to be treated with respect.
- You have the right to love and be loved.
- You have the right to leave a situation that you are not comfortable in.
- You have the right to ask questions about what affects your life.
- You have the right to change your mind.
- You have the right to be at peace and have peace of mind.
- You have the right to live a life free of abuse.
- You have the right to not be liked by everyone.
- You have the right to control your own money.
- You have the right to put yourself first.
- You have the right to be safe.
- You have the right to grow and change.
- YOU HAVE THE RIGHT TO CONTROL YOUR OWN LIFE, AND CHANGE IT IF YOU'RE NOT HAPPY WITH IT.