

## The SLAA Assertiveness Bill of Rights

- 1. You have the right to be treated with respect.**
- 2. You have the right to honestly express your own thoughts and feelings.**
- 3. You have the right to judge your own behavior, thoughts and emotions and take responsibility for them.**
- 4. You have the right to make mistakes, to be responsible and to learn from them.**
- 5. You have the right to say "I don't know", if you really don't know.**
- 6. You have the right to say "I don't understand", if you really don't understand.**
- 7. You have the right to change your mind, if you decide that a course of action or a promise would be hurtful to yourself or another.**
- 8. You have the right to ask for what you want (acknowledging that the other person has the right to say "No").**
- 9. You have the right to explore, define, and practice your own spirituality.**
- 10. You have the right to decide what is a priority to you.**
- 11. You have the right to decide if you want to take on the responsibility for finding solutions to other people's problems.**
- 12. You have the right not to assert yourself.**