

My Human Bill Of Rights ... and Corresponding Responsibilities

I have a right to:

I have a responsibility to:

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| Be treated with respect _____ | Treat others respectfully |
| Not let others control me _____ | Not control others |
| Accept my feelings without judgment _____ | Accept the feelings of others |
| Stand up for my rights _____ | Respect the rights of others |
| Express my needs and wants _____ | Accept the wants and needs of others |
| Love myself unconditionally _____ | Love others unconditionally |
| View my needs as important _____ | Accept the needs of others |
| Accept myself for who I am _____ | Accept others for who they are |
| Change myself _____ | Not try to change others |
| Set boundaries and limits with others _____ | Respect the boundaries of others |
| Accept my feelings without judgment _____ | Be non-judgmental with others |
| Make mistakes and even fail _____ | Not critique the failings of others |
| Ask for help _____ | Offer help |
| Have privacy and my own personal space _____ | Respect the personal space of others |
| Set my priorities _____ | Respect the priorities of others |
| Say "no" without feeling selfish _____ | Accept "no" from others |
| Follow my dreams, interests and passions _____ | Support other's dreams and interests |
| Feel weak _____ | Accept other's weaknesses |
| Not live up to others expectations _____ | Not place demands on others |
| Be forgiving of myself _____ | Forgive others |
| Seek others that support my growth _____ | Support the growth of others |