

Sample list of Basic Rights

1. The right to have and express your own feelings and opinions
2. The right to be treated with respect and dignity
3. The right to be listened to and taken seriously
4. The right to refuse requests without having to feel guilty or selfish
5. The right to consider your own needs
6. The right to set your own priorities and make decisions for your own life
7. The right to change
8. The right to decide what to do with your own property, body and time
9. The right to make mistakes and be responsible for them
10. The right to ask for what you want, realizing that the other person has the right to say "no"
11. The right to ask for information, including from professionals
12. The right to choose not to assert yourself
13. The right to say, "I don't know right now. Give me time."
14. The right to maintain your dignity by being properly assertive, even if the other person feels hurt, as long as you do not violate the other person's basic rights
15. The right to be independent
16. The right to be successful
17. The right to have rights and stand up for them
18. The right to be left alone
19. The right to get what you pay for
20. In borderline personal cases where the rights involved are not clear, you have the right to initiate a discussion of the problem with the person involved and so clarify it