

Personal Bill of Rights



BROUGHT TO YOU BY THE BRIGHTSIDE BEAR

READ THE COMPLETE ARTICLE AT [BRIGHTSIDE BEAR.COM/PERSONAL-BILL-OF-RIGHTS/](https://brightsidebear.com/personal-bill-of-rights/)

- 1 | I have the right to change and grow.
- 2 | I have the right to take care of myself, no matter what.
- 3 | I have the right to forgive others.
- 4 | I have the right to forgive myself.
- 5 | I have the right to give and receive love.
- 6 | I have the right to my own personal space and time needs.
- 7 | I have the right to follow my own values and standards.
- 8 | I have the right to be in a non-abusive environment.
- 9 | I have the right to make my own decisions.
- 10 | I have the right to make mistakes and not be perfect.
- 11 | I have the right to be playful.
- 12 | I have the right to all of my feelings.
- 13 | I have the right to expect honesty from others.
- 14 | I have the right to determine and honor my own priorities.
- 15 | I have the right to dignity and respect
- 16 | I have the right to end conversations with people who make me feel put down.
- 17 | I have the right to my needs and wants being respected by others.

18 | I have the right to privacy.

19 | I have the right to be happy.

20 | I have the right to say "I don't know."

21 | I have the right to feel scared and say that I am afraid.

22 | I have the right to say "no."

23 | I have the right to change my mind.

24 | I have the right to not be responsible for other's behaviors, actions, feelings, or problems.

25 | I have the right to ask for what I want.

26 | I have the right to be healthy.

27 | I have the right to express my feelings, both positive and negative.

28 | I have the right to be myself.

29 | I have the right to hold others accountable for their own behaviors and not take the blame.

30 | I have the right to create the future I want.

31 | I have the right to be angry at someone I love.

32 | I have the right to share my feelings if and when I choose.

33 | I have the right to set healthy boundaries.

34 | I have the right to recovery.

35 | I have the right to trust those who have earned it



Made with love just for you! Be sure to stay connected to @Brightside_Bear and sign up for emails to bring more positivity into your life!

