

Personal Bill of Rights

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Note: Check any you "may be" uncomfortable accepting as a right.
(Please bring to appointment)

1. I have the right to say no to requests or demands I can't meet.
2. I have the right to change my mind.
3. I have the right to follow my values and standards.
4. I have the right to personal space and time.
5. I have the right to change and grow.
6. I have the right to make mistakes.
7. I have the right to express my feelings, positive or negative.
8. I have the right to have my needs and wants respected.
9. I have the right to express my opinion.
10. I have the right to be happy.
11. I have the right not to listen.

Everyone has a right to these entitlements!