



BASIC RIGHTS IN RELATIONSHIP WITH OTHER PEOPLE

DO YOU HAVE
THIS RIGHT?

DO YOU ALLOW
OTHERS THIS RIGHT?

| | | |
|-------|---|-------|
| _____ | Have and express your own feelings and opinions | _____ |
| _____ | Listen to others' expressions of feelings and opinions | _____ |
| _____ | Consider your needs as well as the needs of others | _____ |
| _____ | Set your own priorities and make your own decisions | _____ |
| _____ | Respect others' priorities and decisions | _____ |
| _____ | Negotiate with others about your mutual priorities and decisions | _____ |
| _____ | Comply with others' priorities and decisions | _____ |
| _____ | Be listened to and taken seriously | _____ |
| _____ | Feel angry and respectfully express anger | _____ |
| _____ | Judge yourself by your own standards | _____ |
| _____ | Decide what to do with your own property, body and time | _____ |
| _____ | Consider how your actions impact others | _____ |
| _____ | Be left alone | _____ |
| _____ | Choose how you will share your time, energy and resources with others | _____ |
| _____ | Make mistakes and take responsibility for them | _____ |
| _____ | Refuse requests without feeling guilty or selfish | _____ |
| _____ | Make sacrifices consistent with your integrity and goals | _____ |
| _____ | Be independent | _____ |
| _____ | Depend on those who are respectfully dependable | _____ |
| _____ | Be successful in any way that you define success | _____ |
| _____ | Do anything that doesn't violate the rights of others | _____ |
| _____ | Change your mind | _____ |
| _____ | Ask for information | _____ |
| _____ | Ask for help | _____ |
| _____ | Ask for what you want (realizing the other person may refuse) | _____ |
| _____ | Be appropriately assertive | _____ |
| _____ | Choose not to behave assertively | _____ |
| _____ | Stand up for yourself or others | _____ |
| _____ | Initiate a discussion of a problem with the person involved | _____ |