

My rights as a human being

I have the right:

- To ask for what I want.
- To get what I pay for
- To have my own needs and set my own priorities independent of any roles I may assume.
- To be treated with respect as a capable and equal human being.
- To deal with others without being dependent upon them for their approval.
- To choose not to assert myself if I wish.
- To express my feelings, without causing harm to others.
- To express my opinions and values, without forcing them upon others, who have this very same right.
- To say YES and NO for myself without feeling guilty. I feel what I feel.
- To decline responsibility for other people's problems. I have my own life to lead.
- To be listened to and to be heard when it concerns me.
- To be taken seriously.
- To make mistakes.
- To say I do not understand.
- To learn from my mistakes.
- To change my mind.

This handout was adapted by Sheffield Mind from a list of rights used by many counselling agencies