

ASSERTIVE RIGHTS

The right to ask for what we want (realising that the other person has the right to say NO)

The right to have opinion, feelings and emotions and the right to express them freely

The right to make statement that have no logical basis and that we do not have to justify

The right to make our decisions and to cope with the consequences

The right to choose whether or not to get involved with the problems of someone else

The right not to know something or to understand

The right to make mistakes

The right to be successful

The right to change our mind

The right to privacy

The right to be alone and independent

The right to change ourselves and be more assertive people

An assertive person promotes the same rights for other people