

BASIC HUMAN RIGHTS

- Right to refuse requests from others without feeling selfish or guilty.
- Right to feel and express anger and other emotions.
- Right to feel and express healthy competitiveness and achievement drive
- Right to use your judgment in deciding which needs are the most important for you to meet.
- Right to make mistakes.
- Right to have your opinions and ideas given the same respect and considerations others have.
- Right to be treated as a capable adult and not be patronized.
- Right to take time to sort out your reactions...to use your time space rather than other's time space.
- Right to have your needs be considered as important as the needs of other people
- Right to strive for self-actualization (fulfillment) through whatever ethical channels one's talents and interests find naturally.
- Right to change your mind.