

RELATIONSHIP RIGHTS

Your right / how it should be ...



Human Rights

As a human being, you have personal rights to bring you joy, keep you safe and give you empowerment.

Rights I have ...

Every human being, without exception, has the same basic human rights. These include:

- The right to be safe
- the right to be free of fear – especially within intimate relationships
- the right to have basic needs met – survival needs and needs for love, worth, freedom and fun
- The right to hold and express his / her own opinions and beliefs, including political and religious beliefs, so long as the expression of those opinions and the practice of those beliefs do not violate any other person's human rights
- The right to make his / her own decisions about his / her own life and lifestyle

No-one has the right to ...

- Harm another person or threaten his / her safety
- Cause another person to live in fear
- Cause another person to be deprived of his / her needs
- Dictate how another person may think or believe or how another person may express thoughts and beliefs
- Dictate how another person will live and conduct his / her own life

Credit: Christine Toussaint, 1992



Mistaken traditional assumption ...

Your legitimate rights ...

It is selfish to put your needs before others' needs.	You have the right to put yourself first, sometimes.
It is shameful to make mistakes. You should have an appropriate response for every occasion.	You have a right to make mistakes.
If you can't convince others that your feelings are reasonable, then they must be wrong, or maybe you are going crazy.	You have a right to be the final judge of your feelings and accept them as legitimate.
You should respect the views of others, especially if they are in a position of authority. Keep your differences of opinion to yourself. Listen and learn.	You have a right to have your own opinions and convictions.
You should always try to be logical and consistent.	You have a right to change your mind or decide on a different course of action.
You should be flexible and adjust. Others have good reasons for their actions and it's not polite to question them.	You have a right to protest unfair treatment or criticism.
You should never interrupt people. Asking questions reveals your stupidity to others.	You have a right to interrupt in order to ask for clarification.
Things could get even worse, don't rock the boat.	You have a right to negotiate for change.
You shouldn't take up others' valuable time with your problems.	You have a right to ask for help or emotional support.
People don't want to hear that you feel bad so keep it to yourself.	You have a right to feel and express pain.

Myths & Facts



Myths & Facts

Mistaken traditional assumption ...

Your legitimate rights ...

When someone takes the time to give you advice you should take it very seriously. They are often right.	You have a right to ignore the advice of others.
Knowing that you did something well is its own reward. People don't like show-offs. Successful people are secretly disliked and envied. Be modest when complimented.	You have a right to receive formal recognition for your work and achievements.
You should always try to accommodate others. If you don't they won't be there when you need them.	You have a right to say No.
Don't be anti-social. People are going to think you don't like them if you say you'd rather be alone instead of with them.	You have a right to be alone, even if others would prefer your company.
You should always have a good reason for what you feel and do.	You have a right not to have to justify yourself to others.
When someone is in trouble, you should help them.	You have a right not to take responsibility for someone else's problem.
You should be sensitive to the needs and wishes of others, even when they are unable to tell you what they want.	You have a right not to have to anticipate others' needs and wishes.
It's always a good policy to stay on people's good side.	You have a right not to always worry about the goodwill of others.
It's not nice to put people off. If questioned, give an answer.	You have a right to choose not to respond to a situation.



Your Bill of Rights

Affirmations

It has been well documented that the power of positive affirmations can greatly alter your perception of yourself and your reality. The science behind 'what you think is what you create' (or better known as 'cause-and-effect') is researched by all kinds of people - psychologists, scientists, philosophers, spiritual leaders, businessmen, artists, and even fitness trainers - and proven over-and-over as a natural law of the universe.

The following Bill of Rights is for you – to be a reminder of how it should be, to be used as positive affirmations or 'mantras', and to help you grow strong and empowered in your own journey!

- You have the right to be you —
- You have the right to put yourself first, sometimes —
- You have the right to be safe —
- You have the right to love and be loved —
- You have the right to be treated with respect —
- You have the right to be human, NOT PERFECT —
- You have the right to be angry and protest if you are treated unfairly or abusively by anyone —
- You have the right to earn and control your own money —
- You have the right to your own privacy —
- You have the right to make decisions that affect you —
- You have the right to ask questions about anything that affects your life —
- You have the right to grow and change (that includes changing your mind) —
- You have the right to say NO —
- You have the right to make mistakes —
- You have the right NOT to be responsible for other adult's problems —
- You have the right to not be liked by everyone —
- You have the right to control your own life and to change it if you are not happy with it as it is —



We all know nobody is perfect, so there is no blueprint for the 'perfect relationship' – but there are some clear pointers for developing, recognising, and maintaining a healthy relationship.

A healthy relationship ...

- Is based on mutual respect
- Involves each person being responsible for themselves
- Involves sharing decisions
- Involves each person feeling safe and comfortable
- Allows for differences of opinion
- Involves open and honest communication
- Is often fun and enjoyable
- Involves emotional support and understanding
- Involves people who feel good about themselves and each other
- Accepts the need for privacy on both sides
- Allows time to get to know each other

Your Relationship Rights

The right to good will from the other

The right to emotional support

The right to be heard by the other and to be responded to with courtesy

The right to have your own view

The right to have your own view, even if your mate has a different view

The right to have your feelings and experience acknowledged as real

The right to receive a sincere apology for any jokes you find offensive

The right to clear and informative answers to questions that concern what is legitimately your business

The right to live free from accusation and blame

The right to live free from criticism and judgement

The right to have your work and your interests spoken of with respect

The right to encouragement

The right to live free from emotional and physical threat

The right to live free from angry outbursts and rage

The right to be called by no name that devalues you

