

The Relationship Bill of Rights

I have the right to be friends with whomever I choose.

I have the right to *not* be friends with someone who makes me feel uncomfortable.

I have the right to trust myself alone, above all others.

I have the right to trust my instincts and my feelings.

I have the right to be treated as a person.

I have the right to be angry.

I have the right to say NO.

I have the right to be assertive.

I have the right to ask for what I need.

I have the right to communicate my ideas and expect them to be received with respect.

I have the right to be understood and cared for.

I have the right to understand and care for whomever I choose.

I have the right to change.

I have the right to change a relationship so that it is healthier for me and my friend.

I have the right to healthy relationships, and the right to make them work that way.