

~ Personal Bill Of Rights ~

- You have the RIGHT to be yourself.
- You have the RIGHT to put yourself first.
- You have the RIGHT to be safe and not in fear of being abused.
- 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 and not treated like property.
- You have the RIGHT to be angry over past beatings.
- You have the RIGHT to your own privacy.
- You have the RIGHT to express your own opinions and feelings.
- You have the RIGHT to earn and control your own money.
- You have the RIGHT to ask questions about anything that affects your life.
- You have the RIGHT to make decisions that affect you.
- You have the RIGHT to grow, change and develop your talents and abilities.
- You have the RIGHT to say no and have it mean no.
- You have the RIGHT to make mistakes.
- You have the RIGHT not to be responsible for other adults problems.
- You have the RIGHT to choose and have your own friends.
- You have the RIGHT to change your own life, if you are not happy with it.
- You have the RIGHT not to be isolated from other people.
- You have the RIGHT to protect your children from abusive situations.
- You have the RIGHT to leave the battering environment.