

Bill of Rights for Adult Children of Alcoholics

I have the right to say "no" without feeling guilty.

I have the right to ask others to do things for me.

I have the right to refuse requests that others make of me.

I have the right to make mistakes and to be responsible for them.

I have the right to be wrong.

It is OK for me to feel angry and to express it in responsible ways.

I have the right to say, "I don't understand" without feeling stupid or guilty.

I have the right to say "I don't know".

I have the right to tell others when I think they are manipulating or treating me unfairly.

I have the right to refuse additional responsibilities without feeling guilty.

I have the right to tell others when their behavior annoys me.

I do not have to be liked, admired, or respected by everyone for everything I do.

I do not have to assume full responsibility for making decisions, particularly where others share responsibility for making the decision.

I do not have to feel guilty just because someone else does not like what I do, say, think, or feel.

I do not have to apologize or give reasons when I say no.

I do not have to compromise my personal integrity.