

<b>LEARNED ASSUMPTIONS</b>	<b>LEGITIMATE RIGHTS</b>
1. It is selfish to put your needs before others' needs.	You have a right to put yourself first, sometimes.
2. It is shameful to make mistakes. You should have an appropriate response for every occasion.	You have a right to make mistakes.
3. If you can't convince others that your feelings are reasonable, then your feelings 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.
4. 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.

Excerpted from The [Relaxation & Stress Reduction Workbook by Martha Davis, Ph.D.](#)