

I HAVE THE RIGHT:

- ...not to be abused –
physically, emotionally, or sexually.
- ...to be treated with respect.
- ...to say no and be heard.
- ...to express my own opinions.
- ...to private time and my own space.
- ...to have friends of my own.
- ...to hear about my strengths and assets.
- ...to ask others for help if I need it.
- ...to live a violence-free life.
- ...to change my mind, to fall out of love,
and live with no threats.
- ...to accept a gift without
having to give anything in return.
- ...to pursue my own special interests –
and not be criticized for pursuing them.
- ...to have my needs considered
as much as my partner's.