

The Relationship Bill of Rights

I have a right to:

Suggest activities

Refuse any activities, even if my friend/partner is excited about them

Have my own feelings and be able to express them

Say, "I think my friend/partner is wrong and their actions are inappropriate"

Tell someone not to interrupt me

Have my limits and values respected

Tell my friend/partner when I need affection

Refuse affection

Be heard

Refuse to lend money

Have friends and space aside from my partner

I have the responsibility to:

Determine my limits and values

Respect the limits of others

Communicate clearly and honestly

Not violate the limits of others

Ask for help when I need it

Be considerate

Check my actions and decisions to determine whether they are good or bad for me

Set high goals for myself



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