

Counseling Services TIPS

Personal Bill of Rights

The Personal Bill of Rights were designed as a reminder of what we as individuals are entitled to.



Personal Bill of Rights

Counseling Services



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1. I have the right to ask for what I want.
2. I have the right to say no to requests or demands I can't meet.
3. I have the right to express all my feelings, positive or negative.
4. I have the right to change my mind.
5. I have the right to make mistakes and not have to be perfect.
6. I have the right to follow my own values and standards.
7. I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values
8. I have the right to determine my own priorities.
9. I have the right to not be responsible for others' behavior, actions, feelings, or problems.
10. I have the right to expect honesty from others.
11. I have the right to be angry at someone I love.
12. I have the right to be uniquely myself.
13. I have the right to feel scared and say "I'm afraid".
14. I have the right to say "I don't know".
15. I have the right not to give excuses or reasons for my behavior.