

A REMINDER OF MY RIGHTS

I have the right to say no without justifying my decision to others.

I have the right to protest treatment from others that feels bad to me.

I have the right not to take responsibility for other people's problems.

I have the right to my own opinions, values and beliefs.

I have the right to choose not to respond to a situation.

I have the right to feel and express my emotions.

I have the right to sometimes let people down.

I have the right to sometimes put myself first.

I have the right to communicate my needs.

I have the right to ask for support.

Adapted from McKay, M., Wood, J. C., & Brantley, J. (2019). The dialectical behavior therapy skills workbook: Practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance. New Harbinger Publications.