Every human being has the right to:

- Refuse requests without feeling guilty or selfish
- Feel and express anger
- Feel and express a healthy competitive achievement drive
- Make mistakes without being destroyed
- Be responsible for your own thoughts, feelings and actions
- Decide which needs are the most important for you
- Have your opinions given respect and consideration
- Have a difference of opinion
- Be treated as a capable human being
- Ask others to change behavior that continues to violate your rights
- Not always come last
- Not take the advice of others
- Not be required to justify your behavior to others
- Have your own convictions
- Change your mind and course of action
- Choose not to respond in a situation
- Not always say you are sorry, especially when you are not
- Not be required to read another person’s mind
- Interrupt a meeting/discussion to ask for clarification
- Privacy or your own space
- Ask for help when needed