

RELATIONSHIP BILL OF RIGHTS

In order to have a satisfying, intimate, healthy relationship,
I know I have to maintain my boundaries and be aware of my needs.

MY BILL OF RIGHTS

I have the right...

- ...to be treated with respect.
- ...to say "no" and not feel guilty about it.
- ...to express my feelings.
- ...to feel good about myself.
- ...to change my mind.
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