



## My Rights

Consider the extent to which you agree with each of the statements below regarding your rights. Circle the response that most closely reflects the extent to which you agree with that belief.

I believe I have the right to:

	Not at all		Somewhat		Totally
be treated with respect	1	2	3	4	5
ask for what I want	1	2	3	4	5
have an opinion	1	2	3	4	5
disagree	1	2	3	4	5
be listened to	1	2	3	4	5
say 'no' without feeling guilty	1	2	3	4	5
change my mind	1	2	3	4	5
ask for help	1	2	3	4	5
express my feelings or beliefs	1	2	3	4	5
privacy	1	2	3	4	5
choose how to use my time	1	2	3	4	5
admit I don't know	1	2	3	4	5
make my own decisions	1	2	3	4	5
take responsibility for my decisions	1	2	3	4	5
choose to 'opt out'	1	2	3	4	5
set my own priorities	1	2	3	4	5
challenge others perceptions	1	2	3	4	5

There are no right and wrong answers, but look at the 'scores' you have chosen and consider whether there are any areas you need to challenge within yourself in order for you to become more confident about being assertive.