

# The Relationship Bill of Rights

Amy Lee Smith

- I have the right to be friends with whomever I choose.
  - I have the right to not be friends with someone who makes me feel uncomfortable.
- I have the right to trust myself alone above all others.
  - I have the right to trust my instincts and feelings.
  - I have the right to be treated as a person.
  - I have the right to be angry.
  - I have the right to say No.
  - I have the right to be assertive.
  - I have the right to ask for what I need.
- I have the right to communicate my ideas and expect them to be received with respect.
  - I have the right to be understood and cared for.
  - I have the right to understand and care for whomever I choose.
  - I have the right to change.
- I have the right to change a relationship so that it is healthier for me and my friend.
- I have the right to healthy relationships, and the right to work to make them that way.

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