



# BIRTHRIGHT CERTIFICATE



This is to certify that \_\_\_\_\_, Born on \_\_\_\_\_, in the state of perfection, is hereby entitled to the following birthrights simply on the basis of being born into this world.

1. I have the right to be me - the way I am, the way I want to be.
2. I have the right to grow, to change, to become, to strive, to reach for any goal, to be limited only by my degree of talent and amount of effort.
3. I have the right to privacy- in partnership, in a family, in any relationship, in any group - the right to keep a part of my life private, no matter how trivial or how important, merely because I want it to be that way. And, I have the right to be alone part of each day, each week, and each year, to spend time with myself.
4. I have the right to be loved and to love, to be accepted, cared for, and adored, and I have the right to fulfill that right.
5. I have the right to ask questions of anyone, at any time, in any manner that affects my life, so long as it is my business to do so, and to be listened to and taken seriously.
6. I have the right to self- respect and to everything I need to increase my self-esteem so long as I hurt no one in doing so.
7. I have the right to be happy, to find something in the world that is meaningful and rewarding to me and gives me a sense of completeness.
8. I have the right to be trusted and to trust and to be taken at my word. If I do wrong, I have the right to be given another chance to make good, if possible.
9. I have the right to be free as long as I act responsibly and am mindful of the rights of others and those obligations that I enter into freely.
10. I have the right to win, to succeed, to make plans, to see those plans fulfilled, and to become the best that I can possibly become.
11. I have the right to refuse requests from others without feeling selfish, or guilty.
12. I have the right to feel and express anger and other emotions.
13. I have the right to feel healthy competitiveness.
14. I have the right to use my judgment in deciding my own needs.
15. I have the right to make mistakes (not the same old ones, but new ones.)
16. I have the right to have my own opinions and ideas given the same respect and consideration others have.
17. I have the right to ask for consideration, help, and/or affection from others.
18. I have the right to be treated as an adult.
19. I have the right to tell others what my needs are.
20. I have the right, on some occasions, to make demands on others.
21. I have the right to be treated as a capable adult and to not be patronized.
22. I have the right to not automatically be assumed wrong.
23. I have the right to take time to sort out my reactions - to use my time space rather than others time space.
24. I have the right to ask others to change their behavior.
25. I have the right not to have others impose their values on me.
26. I have the right to like myself.
27. I have the right to share my accomplishments with others.
28. I have the right to have feelings - whatever they are, without being judged.
29. I have the right to remove myself from situations that are destructive or oppressive to me.
30. I have the right to forgive myself apart from anyone else's timeline for forgiving me.
31. I have the right to change, to be different- from how I used to be, or from how most people are.
32. I have the right to change my mind.
33. I have the right to have my feelings, needs, opinions, and values, without having to defend, explain, or justify them to anyone.
34. I have the right to fail, to be weak, and to be scared without concern that others will judge me or think that this is my permanent disposition.
35. I have the right to not care about others' approval of me.

\_\_\_\_\_  
*Signature*

