



Eating Disorder Centre Cork

Exercise Your Own Bill of Rights

Pick some of the rights listed here, add some of your own, and personalize your own “Bill of Rights.” Review your rights periodically and be sure that your life reflects them; if it doesn’t, make some changes.

I have the right to:

- speak my mind
- ask for what I need
- ask for what I want
- change my mind
- make my own decisions
- have my own values, beliefs, and priorities
- express my feelings, even if others won’t like this
- experience a whole range of feelings
- be honest
- expect honesty from others
- be angry
- make mistakes
- not be perfect
- only be responsible for my behaviour and no one else’s
- set limits
- say no when others ask or expect me to do things that interfere with meeting my own needs at that time
- feel safe in my relationships
- feel respected by others
- be healthy
- be in charge of my own life
- be happy
- pursue my own dreams and desires
- change and grow
- live my life to the fullest
- feel good in my body and about my body

(The Body Myth, Maine & Kelly, 2005, pp. 246-247; reprinted with kind permission).