



Declaration of Rights for Healthy Boundaries

Everyone is worthy of upholding the following value-added rights and merited boundaries in their lives and to also importantly allow others to do the same. Having boundaries and respecting other people's boundaries is a form of compassion and love. It is never too late to love yourself more, and to focus on your wellbeing. Your ability to set healthy boundaries for yourself, and to allow others to do the same is modeling what is so needed in the world.

Common Key Areas for Boundaries

- Emotional wellbeing
- Physical body wellbeing
- Sexuality needs, and safety
- Time commitments, energy, and effort
- Material resources and money
- Worldviews, thoughts, and values
- Spiritual & personal growth needs and desires

The Right to Say NO

- To refuse requests from others without feeling selfish or guilty
- To say NO to requests or demands you cannot or do not want to meet
- To say NO if you are not ready, it is unsafe, or it conflicts with your values
- To say 'I don't know'

The Right to Make Requests

- To ask for consideration, help, and affection from others
- To ask for something you want (knowing the other person has the right to say no also)
- To ask others to change their behavior
- To expect honesty from others



The Right to Have Needs

- To use your judgment in deciding my own needs
- To tell others what your needs are
- To ask for what you want
- To determine your own priorities

The Right to Be Yourself & Be Authentic

- To take the time and space you need to sort out your reactions
- To make mistakes (and to be responsible for them) and not have to be perfect
- To change your mind
- To follow your own values and beliefs
- To not be responsible for the actions, feelings, and behaviors of others
- To be yourself; to be unique; to be authentic; to be different; to shine bright
- To change and grow
- To be happy
- To be healthier than those around you

The Right to Be Respected

- To be treated with dignity and respect
- To not have others impose their values on you
- To have your opinions and ideas given the same respect as others
- To not automatically be assumed to be wrong
- To feel safe and be in a non-abusive environment

The Right to Feel and Express

- To express all of your feelings – positive and negative
- To be angry at someone you love
- To express your fears, angers, and other emotions