



## **Personal Bill of Rights for My Relationships**

1. I have a right to be treated with courtesy and respect.
2. I have a right to be the only romantic or sexual interest in my partner's life.
3. I have a right to be informed about our assets, manage my own finances, and choose how I spend my money.
4. I have a right to have a say in decisions that affect myself and my family.
5. I have a right to be wrong and make mistakes without being punished or humiliated.
6. I have the right to live without emotional or physical violence.
7. I have the right to voice my opinion respectfully without retribution.
8. I have the right to have my personal property treated with respect.
9. I have the right to talk to others about matters that affect me.
10. I have the right to choose my own friends.
11. I have the right to enjoy myself.
12. I have the right to live without guns or pornography in my house.
13. My children have the right to be treated with respect and dignity.

(Adapted from Cooper & Cooper, 2008)

Rokelle Lerner, *The Object of My Affection is In My Reflection: coping with Narcissists* (Deerfield Beach, Florida: Health Communications, Inc 2009) Permission to use material granted, September 20, 2010.