



## ***Basic Rights in a Relationship***

The right to goodwill from others.

The right to emotional support.

The right to be heard by the other and to be responded to with courtesy.

The right to have your own view, even if your mate has a different view.

The right to have your feelings and experience acknowledged as real.

The right to clear and informative answers to questions that concern what is legitimately your business.

The right to live free from accusation and judgments.

The right to have your work and your interests spoken of with respect.

The right to encouragement.

The right to live free from angry outbursts and rage.

The right to be called by no name that devalues me.

The right to be respectfully asked rather than ordered.

