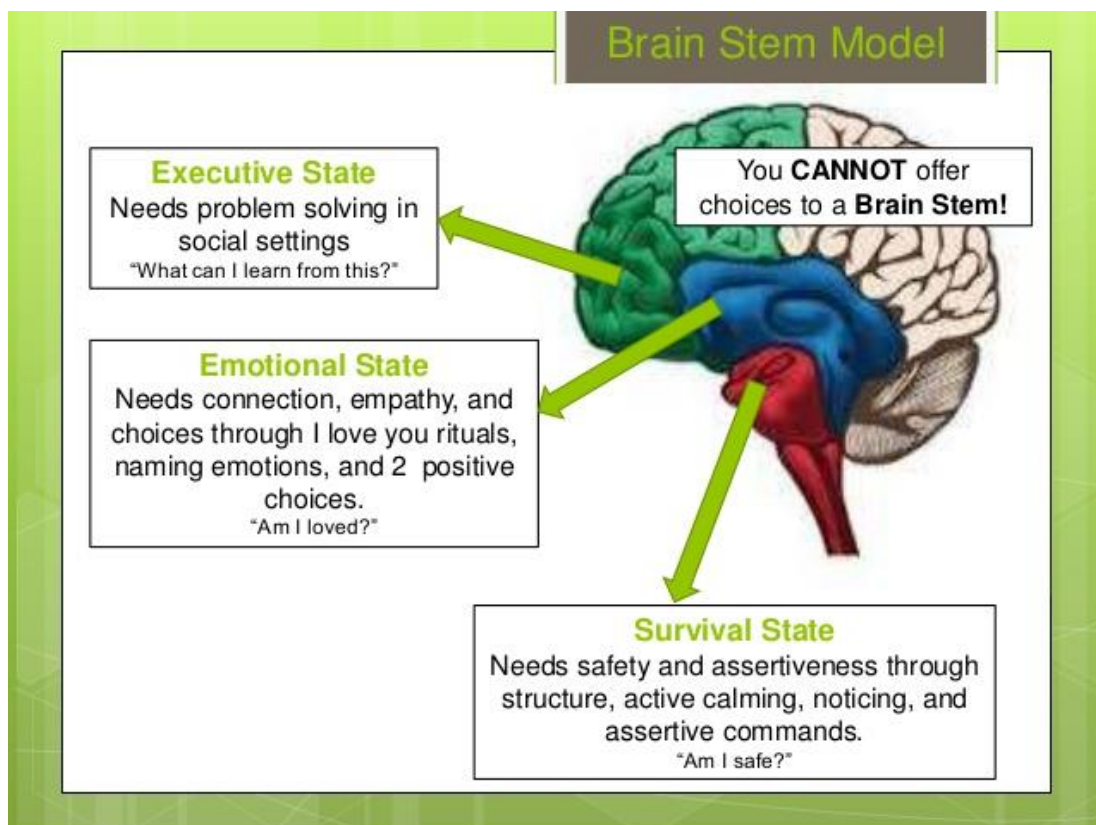


The SLAA Assertiveness Bill of Rights

<https://tucsonslaa.org/images/documents/slaarights.pdf> not conference approved

- 1 You have the right to be treated with respect.
- 2 You have the right to honestly express your own thoughts and feelings.
- 3 You have the right to judge your own behavior, thoughts and emotions and take responsibility for them.
- 4 You have the right to make mistakes, to be responsible and to learn from them.
- 5 You have the right to say "I don't know", if you really don't know.
- 6 You have the right to say "I don't understand", if you really don't understand.
- 7 You have the right to change your mind, if you decide that a course of action or a promise would be hurtful to yourself or another.
- 8 You have the right to ask for what you want (acknowledging that the other person has the right to say "No").
- 9 You have the right to explore, define, and practice your own spirituality.
- 10 You have the right to decide what is a priority to you.
- 11 You have the right to decide if you want to take on the responsibility for finding solutions to other people's problems.
- 12 You have the right not to assert yourself.



Survival Brain (in red) is where addiction largely lives! Assertion is required to manage the survival brain