
Knowing your Rights & Responsibilities

An important part of enhancing your self efficacy, your ability to set boundaries, and your assertiveness is recognising your rights and responsibilities. Often, our inner Parent is preoccupied with our rules and responsibilities, while our inner Child is preoccupied with our rights. However, for every right, we have a responsibility and for every responsibility, we have a right.

Your homework for this week is to write a comprehensive list of your rights and responsibilities in your Air[®] Journal. Use “I” statements for each item. See the example below to get you started.

Example:

- I have a right to be angry
- I have a responsibility to listen

Note: There are basic rights that preserve your dignity and well-being. With each one, identify the corresponding responsibility that you must live up to in order to preserve it.

Have a look at the following stems and fill in the rest. Think deeply & honestly!

RIGHT	RESPONSIBILITY
I have a right to...	I have a responsibility to...

*It is important to consider how each column makes you feel. Remember, balance is in the middle!
Awareness allows you to change ways of thinking and behaving that are no longer serving you!*