

FOR ADULT CHILDREN OF ALCOHOLICS
YOUR PERSONAL BILL OF RIGHTS...FROM A GUIDE TO RECOVERY

1. I have a right to all those good times that I have longed for but didn't get.
2. I have a right to joy in my life, right here, right now—not just a momentary rush of euphoria, but something more lasting.
3. I have a right to relax and have fun in a non-alcoholic environment and to live in a non-destructive way.
4. I have a right to actively pursue people and places and situations that will help me in achieving a good life.
5. I have the right to say “no” whenever I feel something is not safe or when I am not ready for it.
6. I have a right to avoid participating in either the active or passive “crazy” behaviors of my parents, my siblings, or my friends.
7. I have a right to take calculated risks and to experiment with new strategies.
8. I have a right to change my mind, to change a strategy
9. I have a right to mess up; to make mistakes; to blow it, to disappoint me or anyone else.
10. I have a right to leave the company of people who deliberately put me down, lay a guilt trip on me or manipulate or humiliate me.
11. I have a right to put an end to conversations with people who put me down or humiliate me.
12. I have a right to all my feelings.
13. I have a right to trust my feelings, my instincts, and my judgments.
14. I have a right to develop myself as a whole person emotionally, spiritually, mentally, physically and psychologically.
15. I have a right to express all my feelings in a nondestructive way and in a safe time and place.
16. I have a right to as much time as I need to experiment with this new information and these new ideas and to initiate changes in my life when I am ready and able.
17. I have a right to sort out the information and teachings from my parents, keeping what is important to me and dumping the rest.
18. I have a right to a mentally healthy, sane way of life, even though it may deviate from my parents prescribed philosophy of life.
19. I have a right to carve out my place in this world.
20. I have a right to follow rights listed above, and not to wait until my alcoholic parents get well, get happy, or seek help.

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