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 non-destructive 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.

Author Unknown