

AUDIRE

YEAR 1

BASIC HUMAN RIGHTS AND RELATED ASSUMPTIONS VIOLATING THESE RIGHTS

Mistaken Traditional Assumptions

1. It is selfish to put your needs before others' needs.
2. It is shameful to make mistakes. You should have an appropriate response for every occasion.
3. If you can't convince other that your feelings are reasonable, then you must be wrong or maybe you're going crazy.
4. You should respect the views of others, especially if they are in a position of authority. Keep your differences of opinion to yourself. Listen and learn.
5. You should always try to be logical and consistent.
6. You should be flexible and adjust. Others have good reasons for their actions, and it's not polite to question them.
7. You should never interrupt people. Asking questions reveals your stupidity to others.
8. Things could get even worse; don't rock the boat.
9. You shouldn't take others' valuable time with your problems.
10. People don't want to hear that you feel bad, so keep it to yourself.
11. When someone takes the time to give you advice, you should take it very seriously. They are often right.
12. Knowing that you did something well is its own reward. People don't like show offs. Successful people are secretly disliked and envied. Be modest when complimented.
13. You should always try to accommodate others. If you don't, they won't be there when you need them.
14. Don't be antisocial. People are going to think you don't like them if you say you'd rather be alone instead of with them.
15. You should always have a good reason for what you feel and think.
16. When someone is in trouble, you should help them.
17. You should be sensitive to the needs and wishes of others, even when they are unable to tell you what they want.
18. It's always a good policy to stay on people's good side.
19. It's not nice to put people off. If questioned, give an answer.
20. You should live up to the expectations of others.

Your Legitimate Rights

1. You have a right put yourself first at times.
2. You have a right to make mistakes.
3. You have a right to be the final judge of your feelings and accept them as legitimate.
4. You have a right to your own opinions and convictions.
5. You have a right to change your mind or decide on a different course of action.
6. You have a right to protest unfair treatment or criticism.
7. You have a right to interrupt in order to ask for clarification.
8. You have a right to negotiate for change.
9. You have a right to ask for help or emotional support.
10. You have a right to feel and express your feelings.
11. You have a right to ignore the advice of others.
12. You have the right to receive recognition for your work and achievements.
13. You have a right to say no.
14. You have a right to be alone, even if others would prefer your company.
15. You have a right not to have to justify yourself to others.
16. You have a right not to take responsibility for someone else's problem.
17. You have a right not to have to anticipate other's needs and wishes.
18. You have a right not to always worry about the goodwill of others.
19. You have a right to choose not to respond to a situation.
20. You have the right to be yourself and choose your own expectations.