

# Mistaken Traditional Assumptions Versus Your Legitimate Rights

## Mistaken 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 others that your feelings are reasonable, then they must be wrong, or maybe you are 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 up 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.

## Your Legitimate Rights:

- You have a right to put yourself first sometimes.
- You have a right to make mistakes.
- You have a right to be the final judge of your feelings and accept them as legitimate.
- You have a right to have your own opinions and convictions.
- You have a right to change your mind or decide on a different course of action.
- You have a right to protest unfair treatment or criticism.
- You have the right to interrupt in order to ask for clarification.
- You have a right to negotiate for change.
- You have a right to ask for help or emotional support.
- You have a right to feel and express pain.
- You have a right to ignore the advice of others.

**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.

You have a right to receive formal recognition for your work.

**13.** You should always try to accommodate others. If you don't they won't be there when you need them.

You have a right to say "no."

**14.** Don't be anti-social. People are going to think you don't like them if you say you'd rather be alone instead of with them.

You have a right to be alone, even if others would prefer your company.

**15.** You should always have a good reason for what you feel and do.

You have a right not to have to justify yourself to others.

**16.** When someone is in trouble, you should help them.

You have a right not to take responsibility for someone else's problem.

**17.** You should be sensitive to the needs and wishes of others, even when they are unable to tell you what they want.

You have a right not to have to anticipate others' need and wishes.

**18.** It's always a good policy to stay on people's good sides.

You have a right not to always worry about the goodwill of others.

**19.** It's not nice to put people off. If questioned, give an answer.

You have a right to choose not to respond to a situation.