

BILL OF RIGHTS

1. I have the right to say No:
2. I have the right to say: I don't know.
3. I have the right to be wrong.
4. I have the right to make mistakes + learn from them.
5. I have the right to detach from anyone in whose company I feel humiliated or manipulated.
6. I have the right to make my own choices + decisions in my life.
7. I have the right to grieve any actual or perceived loss.
8. I have the right to feel all of my feelings.
9. I have the right to feel angry, including towards someone I love.
10. I have the right to change my mind any time.
11. I have the right to a SPIRITUALLY, PHYSICALLY + EMOTIONALLY HEALTHIER existence, though it may differ entirely or in part from my parents (or any loved one's) way of life.

Allison Crow

ACA adult child.
of Alcoholics.

12. I have the right to forgive myself + to choose how and when to forgive others.

13. I have the right to take health risks + experiment with new possibilities.

14. I have the right to be honest in my relationships and to seek the same from others.

15. I have the Right to ask for what I want.

16. I have the right to determine + honor my own priorities and goals, and to allow others to do the same.

17. I have the right to dream and to have hope.

18. I have the right to be my TRUE SELF

19. I have the right to know & Nurture my inner child.

20. I have the right to LAUGH, to PLAY, to HAVE FUN & the freedom to Celebrate this life right here right now. @adultchildrenofalcohol