CWSH 12: Client handout Bill of rights

(The information below is adapted from Jarvis et al. (1995). *Treatment Approaches for Alcohol and Drug Dependence*. Chichester: John Wiley: ch. 7).

You have a right to:

- make your own decisions
- express feelings and opinions
- disagree with others
- have different needs, wants, and wishes from those of other people
- make mistakes
- change your mind
- offer no reasons or excuses for your behaviour
- set your own priorities
- ask for what you want (knowing the request might be refused)
- not have to work out solutions for other people's problems
- criticise in a constructive and helpful manner
- say 'no' without feeling guilty
- tell other people that you do not understand their position, or else 'do not care'
- not have to depend on others for approval
- be listened to by others
- not assert your rights.

Add any other rights you can think of below: