

BILL OF HUMAN RIGHTS

It's OK for me to—

- ~ Feel what I feel
- ~ Want what I want
- ~ Know what I know
- ~ Think what I think
- ~ Imagine what I imagine
- ~ See and hear what I see and hear

Please know that you have the following human rights:

- ~ To decide and discern for yourself, based on what's best for you.
- ~ To have your opinions and feelings respected.
- ~ To feel like a capable adult.
- ~ To feel and express anger. Anger is a healthy defense mechanism intended to protect you from danger
- ~ To change your mind.
- ~ To make a mistake.
- ~ To have worth and importance.
- ~ To have fun.
- ~ To belong.
- ~ To be free.

SOME GENDER STEREOTYPES OF FALSE SELF

<u>Male characteristics</u>	<u>Female characteristics</u>
Independent	Emotional
Aggressive	Grateful
Acts as leader	Kind
Self-confident	Creative
Dominant	Gentle
Active	Understanding
Ambitious	Aware of other's feelings
Outspoken	Enjoys art and music
Adventurous	Tactful
Competitive	Considerate
Likes math and science	Home oriented
Takes a stand	Cries easily
Makes decisions easily	Devotes self to others
Skilled in business	Strong conscience
Sexually aggressive	Sex object
Selfish	Submissive
	Tender
	Appearance is important

FEELING RESPONSIBLE

When I Feel Responsible
FOR others

When I Feel Responsible
TO others

I ... Fix
Rescue
Control
Carry their feelings
Don't listen

I Feel ... Tired
Anxious
Fearful
Liable

I am concerned with:
~ The solution
~ Answers
~ Circumstances
~ Being right
~ Details
~ Performance
I am a manipulator
I expect the person to live
Up to my expectations.

I ... Show empathy
Encourage
Share
Confront
Level
Am sensitive
Listen

I feel ... Relaxed
Free
Aware
High self-esteem
I am concerned with:
~ relating person to person
~ Feelings
~ the person
I believe if I just share myself
the other person has enough
to make it.
I am a helper-guide
I expect the person to be
Responsible for himself
and his own actions.
I can trust and let go.

ACA Mn Intergroup