

Crossroads Project - Rights and Reminders

Rights in Relationships

1. The right to share equally with a partner in all decisions and responsibilities related to the relationship, children, home, and finances.
2. The right to grow and explore personal potential without feeling guilty selfish or afraid; to have and express needs and desires without feeling selfish, demanding, or aggressive.
3. The right to express opinions and have them given the same respect and considerations as those of your partner.
4. The right to hold your partner responsible for their behavior rather than assuming that responsibility yourself.
5. The right to NEVER be physically attacked or psychologically degraded by a partner and the right to terminate the relationship if either occurs.
6. The right to not blame yourself if the relationship in which you have invested so much love and effort ends.

Daily Reminders

- I am NOT responsible for someone else's temper or behavior
- I am NOT to blame for being beaten or abused
- I do NOT like being hurt, and I do NOT have to put up with it
- I know that my first responsibility is to myself and my own safety
- I deserve to be treated with respect
- I can make my own decisions and live my own life
- I can ask for the help I need
- I have the power to improve my life
- I am a worthwhile person
- I deserve a safe and happy life

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Primarily Serving Clarion and Jefferson Counties, Pennsylvania

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