

# **Guilt Free Bill of Rights For Families and Loved Ones**

**A right to survive**

**A right to privacy and lead our lives**

**A right not to go broke or alter our standard of  
living**

**A right not to be psychologically abused**

**A right to express our emotions**

**A right to respite and vacation**

**A right to receive help for ourselves**

**A right to set house rules and be treated with  
respect and consideration**

**Developed by Parents of Thresholds, Chicago Ill.**