

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.