

Relationship Bill of Rights

We all have rights in relationships. A good way to know you're in a healthy relationship is to pay attention to whether both people are able to communicate their own rights and respect each other's rights. Sometimes our friends, family members, or people we're dating can try to make us believe that our rights are not as important as theirs. That's why it can be helpful to clarify with ourselves what we expect from a relationship and what our limits are.

Keep in mind that the other person has rights as well, and your rights cannot infringe on theirs.

For example:

You have a right to:

Ask for reassurance from your partner when you're feeling insecure about the relationship.

You don't have a right to:

Make them promise they'll never break up with you.

Because **they have a right to:**

End a relationship they don't want to be in.

You have a right to:

Expect that your partner will be honest with you if they break a relationship rule (such as cheating), and reevaluate the relationship if that happens or if you don't think you can trust them to be honest with you.

You don't have a right to:

Look through their phone for evidence or try to control who they hang out with.

Because **they have a right to:**

Privacy and autonomy.

Now, write a Relationship Bill of Rights for yourself. Every person is unique, so your rights should fit your life and your values. If you're ever in a relationship where these rights aren't being respected, talk to someone you trust for support.

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