

Bill of Rights for Survivors

1. I will not be blamed or shamed for having been a victim.
2. I have the right to be happy.
3. I have the right to be free of all forms of abuse: physical, mental, emotional, psychological or sexual.
4. I have the right to feel my feelings.
5. I have the right to take care of myself.
6. I have the right to have my needs met.
7. I have the right to make choices.
8. I have the right to be loved in a healthy way.
9. I have the right to live without fear.
10. I have the right to express myself.
11. I have the right to forgive myself for things in the past.

– From *Healing Your Life: Recovery from Domestic Abuse* by Candace A. Hennekens,
December 1991