

BASIC HUMAN RIGHTS

Human rights are also called natural rights. It is argued that they belong to people just because they are human beings.

People are entitled to them regardless of where they live in the world or of their position in society. It doesn't matter what a person's race, sex, age, class, language, beliefs, culture or religion is or how much money or education a person has, we all have the same human rights

Human rights do not have to be earned and they are not privileges which someone gives to you. You have them from the moment you are born. Because they are rights, they cannot be taken away although they can sometimes be limited by law.

We must make sure to respect other people's rights and must not do anything that violates another person's rights.

"I have numerous choices in my life beyond survival"

I HAVE THE RIGHT:

- To recognise and accept my own 'value systems' as appropriate
- To say NO to anything, when I feel I am not ready, if it is unsafe or it violates my values
- To my own opinions
- To dignity and respect
- To make decisions
- To have my needs and wants respected by others
- To safety and security
- To be happy
- To be relaxed, playful and frivolous
- To give and to receive unconditional love

These are just some of the rights we look at and teach at the Anger and Stress Management Centres.

If some of your rights listed above are being violated in your relationship, you need support. We can help you and your partner to rebuild your relationship and improve your communication skills to enjoy a happier and more fulfilled relationship.

Contact one of our Centres today. Visit www.angerstress.com for contact details.