

Anxiety's Bill of Rights

- I have the right to experience my own unique anxiety
- I have the right to feel upset without knowing why
- I have the right to feel joy without questioning it
- I have the right to remember the negative more than the positive
- I have the right to not rescue people
- I have the right to say 'no' without feeling guilty
- I have the right to ask for something to change
- I have the right to disagree if others don't share my opinion
- I have the right to ask for help
- I have the right to put myself first without calling it selfish
- I have the right to let others take responsibility for themselves
- I have the right to ignore someone if engaging does more harm than good
- I have the right to listen to my gut and not second-guess myself
- I have the right to change my mind
- I have the right to find meaning
- I have the right to ask questions
- I have the right to challenge others when they minimize my feelings
- I have the right to let go of relationships that aren't working
- I have the right to dislike people in my family

- I have the right to avoid clothes I find uncomfortable
- I have the right to not say sorry when I don't feel sorry
- I have the right to not share everyone else's reaction to a situation
- I have the right to keep silent when it's unsafe for me to interject
- I have the right to feel more than one emotion at a time
- I have the right to rest when I feel tired
- I have the right to let others down on occasion
- I have the right to forget some memories and hold on to others
- I have the right to need things
- I have the right to leave things unsaid
- I have the right to judge my own beliefs and experiences
- I have the right to not explain or justify myself
- I have the right to object to unwarranted criticism
- I have the right to not accept an insincere apology
- I have the right to feel jealous even when envy is more socially acceptable
- I have the right to talk about anxiety



Find the full article in The Ascent

A Tool for Managing Stress That
Doesn't Involve Toxic Positivity:

<https://bit.ly/2VDAtd7>

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