



# THE HOPE CABIN

## The Growth Porch

*For anyone doubting their place in the world....*

I have numerous choices in my life beyond mere survival.

I have the right to follow my own values & standards.

I have the right to change & grow

I have the right to recognise & accept my own value system.

I have the right to say 'no' to anything when I feel I am not ready, it is unsafe or violates my values.

I have the right to dignity & respect.

I have the right to make my own decisions.

I have the right to determine & honour my own priorities.

I have the right to make mistakes & not be perfect.

I have the right to not be responsible for others behaviours, actions, feelings or problems.

I have the right to say 'I'm Afraid'.

I have the right to be angry with someone I love.

I have the right to all of my feelings.