

Enhancing Relationships

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**Possible rights and responsibilities
in relationships**



Women's Stress Disorders Treatment Program

William S. Middleton VA Hospital
2500 Overlook Terrace
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608-280-7084

Like what?

- ◆ The right to express your own opinion
- ◆ The right to feel however you want
- ◆ The right to express your feelings in your own personal way
- ◆ The right to question anything you do not understand
- ◆ The right to refuse what you perceive to be unreasonable requests



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What else?

- The right to at least ask for what you want
- The right to be irrational, illogical, inconsistent or unpredictable
- The right to make mistakes
- The right to make your own choices in life



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More?

- ◆ The right to relate to whom you want, when you want, and how you want
- ◆ The right to defend yourself against attempts by others to limit or infringe on your rights



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What about responsibilities?

- The first is the responsibility of owning your own feelings.
- For instance, if you are feeling jealous, it does not necessarily mean your partner is unfaithful. If you are feeling angry, it is not necessarily the other person's fault.

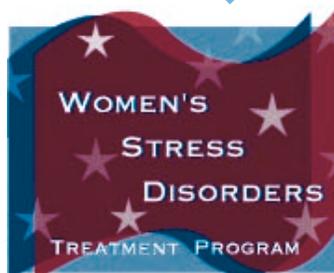


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What else?

- ◆ The responsibility to allow others to express their feelings and opinions.
- ◆ The responsibility to explain yourself if you want to be understood.
- ◆ The responsibility to ask for something if you want to get it.

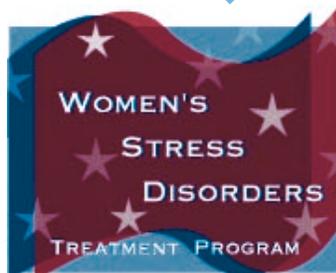


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Any more?

- The responsibility to work for something if you want to get it.
- For example, it is not your therapist's or partner's job to "make" you better. You need to work at it.
- The responsibility to obey laws or work to change them or accept the consequences of breaking them.



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Any others?

- The responsibility to grant others the same rights you want for yourself.
- The responsibility for determining your own behavior.
- Those are the basics.

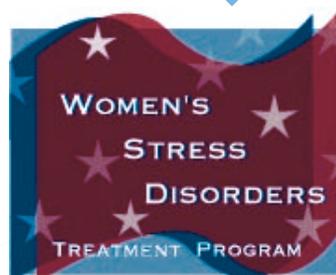


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It seems like most of this is about each person setting limits

- ◆ Yes, that's right. Limits are about prioritizing and balancing the wants, needs and demands each of you has.
- ◆ Again, keep the big picture in mind. Not everything you want is equally important to set limits about.
- ◆ Sometimes you need to make a decision about ending or changing the relationship.



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