



# Design Statements

*These can be used in conjunction with the Truths (found on Beliefs list)*

1. I am designed to ask for what I want.
2. I am designed to say no.
3. I am designed to state my feelings and needs.
4. I am designed to change my mind.
5. I am designed to make mistakes and learn from them.
6. I am designed to follow my own values and standards.
7. I am designed to say no to anything when I feel I am not ready; it is unsafe; or it violates my values.
8. I am designed to determine my own priorities.
9. I am designed as an individual, and therefore, I am not responsible for the choices, feelings or problems of others.
10. I am designed to expect honesty from others.
11. I am designed to be angry at someone for offending me—whether it was intentional.
12. I am designed to be uniquely myself.
13. I am designed to say, "I'm afraid." when I'm scared.
14. I am designed to say, "I don't know."
15. I am designed not to give excuses or reasons for my choices.
16. I am designed to make decisions based on my best judgement.
17. I am designed to have my own needs for personal space and time.
18. I am designed to be playful and frivolous.
19. I am designed to be healthy, even if that means being healthier than those around me.
20. I am designed to be in considerate environments.
21. I am designed to make friends and be comfortable around people.
22. I am designed to change and grow.
23. I am designed to have my needs and wants cared about by others.
24. I am designed to be treated with dignity and honor.
25. I am designed to be happy.
26. I am designed to be safe and supported.
27. I am designed to stand up for myself.



Mary Ellen Mann

Licensed Therapist . Speaker . Educator . Advocate

