

The Five Organismic Rights

Claiming Your Rights As A Human Being

The Right To Have Needs

May be lacking when a person

- frequently puts others' needs before their own
- self-sacrifices
- "takes one for the team" repeatedly
- doesn't actually know what they want

Shift into Smart State by

- being present with and asking for what you need
- letting people know what you can't do
- setting healthy boundaries
- saying "no" when tempted to overextend

The Right To Exist

May be lacking when a person

- plays small
- keeps their head down
- tries to be invisible
- becomes silent in times of conflict
- intellectualizes and is in their head often (and doesn't feel much)

Shift into Smart State by

- acknowledging yourself
- letting yourself be seen,
- proactively communicating
- intentionally taking a role
- checking in on how you feel

The Right To Take Action

May be lacking when a person

- often procrastinates
- avoids commitment
- is repeatedly late on deadlines

Shift into Smart State by

- getting an accountability partner
- making sure you understand what "success" is
- taking action and moving forward

The Right To Have Consequences

May be lacking when a person

- often uses victim language
- blames others for their own choices and actions
- avoids accountability

Shift into Smart State by

- thinking of how your choices impact others
- considering potential outcomes
- looking carefully at your role in what you create in life

The Right To Love & Be Loved

May be lacking when a person

- is uncomfortable with giving affection
- is uncomfortable with receiving affection
- is uncomfortable with being hugged
- is uncomfortable being around theirs or others' deep hurt or emotion

Shift into Smart State by

- asking for affection
- reaching out to friends and family
- staying present when others emote
- considering benefits of compassion

