

# I Deserve

Use this page to think about your needs, your limits, and how you expect to be treated.



I deserve time for:

-----

-----

-----



I deserve support with:

-----

-----

-----



I deserve to say no to:

-----

-----

-----



I deserve relationships where people:

-----

-----

-----



I deserve to look after myself by:

-----

-----

-----



I deserve to make choices about:

-----

-----

-----



I deserve to be treated with respect by:

-----

-----

-----



I deserve to speak up when:

-----

-----

-----



I deserve to feel safe when:

-----

-----

-----



I deserve to step away from situations that:

-----

-----

-----

# I Deserve

Use this page to think about your needs, your limits, and how you expect to be treated.

I deserve time for: .....

I deserve to say no to: .....

I deserve to look after myself by: .....

I deserve to be treated with respect by: .....

I deserve to feel safe when: .....

I deserve support with: .....

I deserve relationships where people: .....

I deserve to make choices about: .....

I deserve to speak up when: .....

I deserve to step away from situations that: .....

# I Deserve

Use this page to think about your needs, your limits,  
and how you expect to be treated.



**I deserve time for:**



**I deserve to say no to:**



**I deserve to look after myself by:**



**I deserve to be treated with respect by:**



**I deserve to feel safe when:**



**I deserve support with:**



**I deserve relationships where people:**



**I deserve to make choices about:**



**I deserve to speak up when:**



**I deserve to step away from situations that:**

SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

[WWW.SOCIALWORKERSTOOLBOX.COM](http://WWW.SOCIALWORKERSTOOLBOX.COM)

[www.SocialWorkersToolbox.com](http://www.SocialWorkersToolbox.com)

Free social work  
resources for  
direct work



FOLLOW US ON **FACEBOOK** TO STAY FULLY  
UP TO DATE WITH NEW DOWNLOADS:

Free  
social work  
resources for  
direct work



**Social Work Tools and Resources  
- Free; Socialworkerstoolbox.com**

©EDITA STIBOROVA (2026) This printable PDF document may be used free of charge by individuals and not-for-profit organisations for work with families and for training purposes, provided that no changes are made to its content.

You are not permitted to upload this resource to your own website or to social media. You may include a link from your website, social media page, or group to ours.

You may share our resources from our Facebook page using the share button.