

North American Fire Fighter Veteran's Network  
Operational Stress Injury, First Responder Stress Injury Wounded  
Warrior Individual Right. As a "First Responder/Wounded Warrior"  
on the path to recovery from Operational Stress Injuries received  
in the "Line of Duty", I have the right to express myself.

I HAVE THE RIGHT;

- TO ASK FOR WHAT I WANT.
- TO SAY NO TO REQUESTS OR DEMANDS I CAN'T MEET.
- TO EXPRESS ALL OF MY FEELINGS, POSITIVE OR NEGATIVE.
- TO CHANGE MY MIND. TO SAY NO TO ANYTHING WHEN I FEEL I AM NOT READY, IT IS OR IT VIOLATES MY VALUES.
- TO MAKE MISTAKES AND NOT HAVE TO BE PERFECT.
- TO FOLLOW MY OWN VALUES AND STANDARDS.
- TO DETERMINE MY OWN PRIORITIES.
- TO NOT BE RESPONSIBLE FOR OTHER'S ACTIONS, FEELINGS OR PROBLEMS.
- TO EXPECT HONESTY FROM OTHERS.
- TO BE ANGRY AT SOMEONE I LOVE.
- TO BE UNIQUELY MYSELF.
- TO FEEL SCARED AND SAY 'I AM AFRAID'.
- TO SAY 'I DON'T KNOW'.
- TO NOT GIVE EXCUSES OR REASONS FOR MY BEHAVIOUR.
- TO MAKE DECISIONS BASED ON MY FEELINGS.
- TO MY OWN NEEDS FOR PERSONAL SPACE AND TIME.
- TO BE PLAYFUL AND FRIVOLOUS. - TO BE HEALTHIER THAN THOSE AROUND ME. - TO BE IN A NON ABUSIVE ENVIRONMENT.
- TO MAKE FRIENDS AND BE COMFORTABLE AROUND PEOPLE.
- TO CHANGE AND GROW. - TO HAVE MY NEEDS AND WANTS RESPECTED BY OTHERS. - TO BE TREATED WITH DIGNITY AND RESPECT.
- TO BE THE 'WOUNDED WARRIOR' THAT I AM.
- TO BE TREATED WITH THE 'DIGNITY OF MY FIRST RESPONDER / FIREFIGHTER VETERAN STATUS' HAVING SERVED ON MY COMMUNITY'S
- FRONT LINE AND BEEN INJURED BY MY WORK HELPING OTHERS IN NEED.