

# Math Anxiety Bill of Rights

by Sandra Davis

I have the right to learn at my own pace and not feel put down or stupid if I'm slower than someone else.

I have the right to ask whatever questions I have.

I have the right to need extra help.

I have the right to ask a teacher or a tutor for help.

I have the right to say I don't understand.

I have the right not to understand.

I have the right to feel good about myself regardless of my abilities in math.

I have the right not to base my self-worth on my math skills.

I have the right to view myself as capable of learning math.

I have the right to evaluate my math instructors and how they teach.

I have the right to relax.

I have the right to be treated as a competent adult.

I have the right to dislike math.

I have the right to define success in my own terms.

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The "Math Anxiety Bill of Rights" is printed in the book "Overcoming Math Anxiety" by Sheila Tobias, published by W.W. Norton and Company, and is available at bookstores and online through [amazon.com](http://amazon.com)