

CHALLENGE ASSUMPTIONS: FINDING AND ADJUSTING UNHELPFUL ASSUMPTIONS

<p>1: Think of a situation that you dread, might have avoided or that stayed on your mind for a long time after it already happened. Describe it.</p>	
<p>2: What were / are your key fears in this situation?</p>	
<p>3: Complete following sentences:</p> <p>If I don't want _____, then I have to _____ <small>(dreaded outcome that you want to protect yourself from)</small> <small>(what you usually do in such circumstances)</small></p> <p>If I don't want _____, then I have to _____ <small>(dreaded outcome that you want to protect yourself from)</small> <small>(what you usually do in such circumstances)</small></p> <p>If I don't want _____, then I have to _____ <small>(dreaded outcome that you want to protect yourself from)</small> <small>(what you usually do in such circumstances)</small></p> <p>If I don't want _____, then I have to _____ <small>(dreaded outcome that you want to protect yourself from)</small> <small>(what you usually do in such circumstances)</small></p> <p>Circle the assumption that you tend to use quite a lot.</p>	
<p>4: In which situations do you rely on this assumption?</p>	
<p>5: What are the benefits of this assumption?</p>	<p>6: What are the costs of this assumption?</p>
<p>7: What life circumstances might have led to you to creating this assumption?</p>	<p>8: What is different between now and when you had to use this rule/assumption to protect yourself?</p>
<p>9: Write a more flexible version of your assumption that reflects your current life circumstances.</p>	
<p>10: Select a situation in which you will start using a more flexible assumption. Describe this situation and what will you do differently.</p>	<p>11: To be completed after you tried to act in accordance with a more flexible rule. Write down what happened when you did things differently.</p>