

STOP MAKING ASSUMPTIONS

Assumptions are mental constructs that we make about ourselves, people or the world in general without substantial information or concrete evidence. They are interpretations or rather misinterpretations of events or the actions of others. Not every thought that pops in our mind is true. Assumptions can also develop based on one's insecurities and past experiences. The chances of assumptions being true are 50-50.

Common assumptions and ways of dealing with them:

1. Catastrophic thinking - Assuming the worst. For example, If your loved ones are not responding to your calls, you assume that something terrible might have happened.

Don't be too quick to react. Increase awareness that your assumptions are not facts.



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2. Jumping to conclusions - Making predictions. An insecure person may assume that his/her spouse will start cheating because they complimented another person.

Brainstorm possibilities that could justify the other's actions. Interrogate your assumptions, not the person.

3. "If they love me they should read my mind" - Being silent or speaking vaguely and expecting others to read you.

No one can read your mind. If you need something you have to simply ask.

Assumptions not only increase your anxiety but also wreck relationships. In the words of Henry Winkler "Assumptions are the termites of relationships".

Be wise.

MAKE YOUR DAY JOYFUL.

