

Testing Assumptions Worksheet

1. What just happened that set you off?

2. What are you assuming was the meaning of the incident?

3. Test the assumption:

Is the assumption logical? (Does it make sense given what you know about yourself/the other person/the situation?)

Is it factual?(Do you have observable evidence for it?)

Does it represent a positive philosophical choice? (Is it based on the belief that people are basically good/mean well?).

No? This is a limiting assumption. Move on to No.4.

4. Given that the assumption is causing you unnecessary unhappiness, what would you credibly have to assume in order to liberate yourself? This is your liberating assumption.

5. The incisive question: "If you knew that (your liberating assumption) is true, what would change in your life?"

6. So what will you do now?
