



ASSUMPTION LOG

The first thing you need to do when you've made an assumption about someone else's behavior or intentions is: "find the evidence." And by evidence I truly mean something admissible in a court of law. Not a facial expression, not body language, not a feeling. Actions and words. Unless there is physical or verbal evidence of a thought or action from another person, you'll be operating based on a projection of your own insecurities. We also do this because we don't like the fear we experience from not knowing what another person is thinking or what they may do.

On the next page, write down any assumptions you have, and then ask yourself if there is hard evidence to back up that assumption. If the answer is no, I want you to pick one of the coping strategies from Chapter One and do it until your thinking is once again supported by concrete evidence.

When you're not worried about what other people are thinking about you, you'll be better able to focus on how you feel about yourself. As your insecurities fall away, they'll be replaced by feelings of self-confidence and improved self-worth. This will lead to consistently greater feelings of life satisfaction than you could have ever imagined.





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ASSUMPTION	EVIDENCE (YES/NO)	COPING STRATEGY

