

CHANGING UNREALISTIC ASSUMPTIONS

Many people have unrealistic assumptions about their partner. Recognizing unrealistic assumptions and replacing them with more realistic ones can create a more accepting and caring relationship.

Example

Unrealistic assumption:

My partner should support all my ideas.

Realistic assumption:

My partner can be supportive of me as a person, even if he/she disagrees with my ideas.

Replace Your Unrealistic Assumptions

Unrealistic Assumption:

Realistic Assumption: _____

Unrealistic Assumption:

Realistic Assumption: _____

Unrealistic Assumption:

Realistic Assumption: _____
