

CHANGING FAULTY ASSUMPTIONS IN YOUR RELATIONSHIP

Directions

A relationship may become difficult if one or both people have faulty assumptions about the other. Faulty assumptions are often based on “all or nothing” or “perfectionist” thinking. Use this worksheet to think about any faulty assumptions you might have about another person and then replace them with more realistic assumptions.

Example

Faulty assumption:

My partner should support all my ideas.

More Realistic assumption:

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

Your Faulty Assumptions/More Realistic Assumptions:

Faulty Assumption: _____

More Realistic Assumption:

Faulty Assumption: _____

More Realistic Assumption:

Faulty Assumption: _____

More Realistic Assumption:

