

Assessing Assumptions

1. The feelings I am experiencing are:
2. The internal dialogue creating these feelings is:
3. My unconscious assumptions, about myself, creating this internal dialogue is:
4. The new conscious choice I would like to make regarding my assumption is:
5. The new internal dialogue resulting from these assumptions might be:
6. This new internal dialogue reframes my perspective and emotional response to

Experience the physical felt sense in the body for a few moments at the completion of 3 and 6.

Example 1

Assessing Assumptions

1. The feelings I am experiencing are:
I am afraid and nervous.
2. The internal dialogue creating these feelings is:
I should have called the guy who couldn't fix my boat. I am stupid for not knowing what he expects. I will appear more stupid because I don't know what to say.
3. My unconscious assumptions, about myself, creating this internal dialogue is:
I don't have the right social skills. I don't have permission to ask. I am stupid if I don't know.
4. The new conscious choice I would like to make regarding my assumption is:
My confusion doesn't mean I am stupid. I don't have to read minds. If I don't understand, it is okay for me to ask the other person what they expect. Everyone has different rules and expectations.
5. The new internal dialogue resulting from these assumptions might be:
If I am confused, it is okay to ask for more information. I don't have to read other's minds. It is okay for me to have different expectations.
6. This new internal dialogue reframes my perspective and emotional response to:
It is okay for me to feel confused. This doesn't mean I am stupid. I just need more information.

Experience the physical felt sense in the body for a few moments at the completion of 3 and 6.

Example 2

Assessing Assumptions

1. The feelings I am experiencing are:
I am hurt, angry and frustrated.

2. The internal dialogue creating these feelings is:
He does not care or love me because he is never interested in sex.

3. My unconscious assumptions, about myself, creating this internal dialogue is:
I am not worthy or valuable. My partner's lack of sexual desire for me reflects this.

4. The new conscious choice I would like to make regarding my assumption is:

Each person's sexuality is different. His lack of sexual interest is not a reflection of me. He has his own sexual issues and wounds.

5. The new internal dialogue resulting from these assumptions might be:

Our sexual connection is not working for me. I want more information about what is going on for him and what his intention is.

6. This new internal dialogue reframes my perspective and emotional response to:

I want more communication about our sexual relationship. The issue is not about my value. I need more information to know if this is a workable relationship for me.

Experience the physical felt sense in the body for a few moments at the completion of 3 and 6.

Example 3

Assessing Assumptions

7. The feelings I am experiencing are:
I'm feeling rejected and abandoned.
8. The internal dialogue creating these feelings is:
My biological mother gave me up because she didn't perceive me as valuable enough to keep. She wouldn't now find me valuable enough to know.
9. My unconscious assumptions, about myself, creating this internal dialogue is:
I am a worthless person.
10. The new conscious choice I would like to make regarding my assumption is:
I am a valuable person worth knowing. Not everyone will have the same interest in me and her interest does not reflect my value.
11. The new internal dialogue resulting from these assumptions might be:
I don't have the ability to control someone else's interest. The other's capacity to understand me, or find me of interest, is not a reflection of me. It is a reflection of them.
12. This new internal dialogue reframes my perspective and emotional response to:
I can perceive information about others, without making it mean something about me. My biological mother has her own issues, that are not reflective of who I am.

Experience the physical felt sense in the body for a few moments at the completion of 3 and 6.