

Discovering some of your own underlying assumptions

Identify some specific times when you have especially strong emotions (e.g., someone criticises you, you make a mistake, people are late, you get interrupted, someone tries to take advantage of you, a telemarketer calls you. What underlying assumptions might explain your reaction? Write the situation that triggers your emotion in the “if . . .” section, and then complete the other sections. Here are three versions, try experimenting with them to discover some of your underlying assumptions

If . . . then

If . . . then it means . . .

If (then what am I afraid will happen) . . .

If (then what do I hope will happen)

- > **If** someone hurts me, **then** I have the right to hurt them back
- > **If** someone hurts me, **then it means** I have the right to hurt them back
- > **If** someone’s shows me disrespect and I don’t push back hard, **then it means** I will look weak, and they will take even greater advantage of me
- > **If** someone’s shows me disrespect and I don’t push back hard, **then (what am I afraid of)** they will think I am weak and take even greater advantage of me
- > **If** someone hurts me and I rage back at them, **then (what do I hope will happen)** they will back off