

Pondering Point

A lot can be said for making assumptions: it's a bad idea, a waste of time, impulsive and it can get us into trouble. It is how we fill in the blanks when we are missing information and how we keep our busy minds from reaching information overload. Assumptions can cause problems in our current relationships and make it difficult to meet new people. It can keep us from understanding others and in some cases, approaching them. *Are you ever guilty of judging a book by its cover?*

When we make assumptions it can affect the way we manage conflict or problem solve. Building a case on the foundation of assumptions is like taking out a mortgage on a mirage – investing in something that may or may not be real. *Is it fair to assume something about someone without taking the time to investigate the truth? Are we being judgmental? A good way to avoid making false assumptions is to ask questions and get to the truth before forming an opinion. If it is that simple, what keeps us from doing it? Why are we sometimes afraid to ask? Do we find immediate comfort in making assumptions because we are **afraid** to know the truth?*

Are you sitting on an assumption?

You know what happens when we make assumptions, don't you?



Imagine... spending less time making assumptions and more time getting the answers.

— From Pondering to Practice —

Activity:

If you're currently sitting on an assumption or feel yourself jumping to conclusions...

Try this – Make the ASK and avoid the TELL.

- Make a concerted attempt to ask questions to get to the truth of the situation.
 - *Be mindful of your tone and body language.*
- Create a tone that conveys your interest in knowing the facts.
- Are you prepared for the responses you are about to receive?
 - Be open to whatever they may be.

Reflection:

- *When was the last time you made an assumption?*
- *What were the consequences?*
- *What would you have done differently?*
- *When was the last time someone made an assumption about you?*
- *Were they right?*
- *How did it make you feel?*
- *Do you think people make assumptions too often?*
- *Do you?*

"Assumptions are the termites of relationships."

- Henry Winkler