

ASSUMPTIONS VERSUS REALITY: WHAT MY PARTNER IS FEELING & THINKING CHART

Pay attention to what your partner is feeling, while also realizing that you may be making assumptions about what he or she is thinking and feeling. You may have even reacted to these assumptions or repressed them which can lead to bitterness and resentment overtime!

- Improve ability to read body language and expressions, while realizing your assumptions are not always accurate.
- This is an important step to resolve emotional conflict with clarity rather reacting to triggers and assumptions.
- Use this chart for a week and then share it with your partner and see how accurate or inaccurate your assumptions were in each scenario. It's even better if you both use the chart and share results. **Print copies as needed.**

“Mind-reading is dangerous and a slippery slope that many couples fall into.” Jonice Webb, PhD

My partner’s facial expression, body language, vibe, words, text that I made an assumption about	I assume my partner is THINKING this	I assume my partner is FEELING this	This made me THINK and FEEL