

# Stop Assuming the Worst

A Simple Reset When You Jump to Negative Conclusions

- Notice the story you're telling yourself.
- Separate facts from meaning.
- Look for other possible explanations.
- Ask instead of assume.

# Helpful Prompts

- Is this about what they meant, or how it felt?
- What else could be true?
- Am I reacting to this moment or an old pattern?
- Have I actually asked them what they meant?
- I want to check my story before I react.

# Repair Phrases

- I realized I might have assumed something that isn't true. Can we talk?
- I don't want to jump to conclusions - what was happening for you in that moment?
- Here's what I felt, but I want to understand your intention.
- Let's look at what actually happened versus the meaning I added.

# Disclaimer

This printable tool is for educational and personal-growth use only. It is not a substitute for professional mental health, medical, legal, or therapeutic advice. Always seek the guidance of a licensed professional for concerns involving your relationship, emotional well-being, or safety.

© CouplesCoach.com - For Personal Use Only