



## THE ASSUMPTIONS THAT ARE RUINING YOUR RELATIONSHIPS

In this video, Nathan and Lacey reveal two facts about assumptions that may be destroying your relationships. They describe two easy ways you can go from hurting your relationships to helping your relationships through your assumptions.

### INTRODUCTION (00:19)

We go into every relationship and circumstance with assumptions. These assumptions can be reasonable or unreasonable. Reasonable assumptions are generally accepted or understood, within one's ability to fulfill, or is circumstantially possible or plausible. We often realize that we have had an unknown assumption about a circumstance or person when we become frustrated or disappointed.

1. *How do you generally respond when your expectations about a person or circumstance are not met?*

### FACT #1 ABOUT ASSUMPTIONS: WE ALL HAVE THEM (03:12)

Our brains are wired to make assumptions — it is a healthy process our brains use to save time and energy — it's how we are designed. However, our assumptions within relationships can either bring hope and life to our relationships or death and destruction to them.

2. *How have you seen misguided assumptions about someone be hurtful?*
3. *Has someone wrongfully assumed something about you? What was it and how did you respond?*

### FACT #2 ABOUT ASSUMPTIONS: PROXIMITY & EXPERIENCE DEFINE THEM (05:41)

The closer a person is to us — the deeper or more intimate the relationship — the more defined our assumptions of them will be. Additionally, we can become more offended, frustrated, or disappointed when they don't meet our expectations.

4. *Who is someone you currently or recently had a disagreement or conflict with?*
5. *How might your history with this person be influencing your opinion about them or their actions?*

### NEXT STEP (07:06)

We all have assumptions about people and those assumptions are defined by our proximity and experience with them. To bring health and wholeness to your relationships, we recommend:

#### Practicing gracious assumptions.

6. *Who is someone you are currently or recently frustrated or disappointed at?*
7. *How might you be assuming the worst about the person you are frustrated or disappointed at?*
8. *To help you gain a more positive or encouraging outlook about the person, what attributes do friends or family members of the person enjoy about them?*

#### Test your assumptions.

9. *What questions might you ask them to gain clarity and understanding into their words, actions, or motives?*