## **CHANGING UNREALISTIC ASSUMPTIONS**

My partner can be supportive of me as a person, even if he/she disagrees with my ideas.

Example

**Unrealistic assumption:** 

**Realistic assumption:** 

My partner should support all my ideas.

Many people have unrealistic assumptions about their partner. Recognizing unrealistic assumptions and replacing them with more realistic ones can create a more accepting and caring relationship.

Replace Your Unrealistic Assumptions	
Unrealistic Assumption:	
Realistic Assumption:	
Unrealistic Assumption:	
Realistic Assumption:	
Unrealistic Assumption:	
Realistic Assumption:	

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