



## ASSUMPTION IMPACT ASSESSMENT

### ***Assessment for Understanding How Assumptions Shape Expectations***

Instructions: Rate how true each statement feels for you.

Rating	Description
0	Not at all
1	Slightly true
2	Moderately true
3	Very true
4	Extremely true

#### **SECTION 1 — Assumptions About Others**

1. I assume people should know what I need without me having to say it.  
 2. I assume others think the way I do.  
 3. I assume people's intentions without asking for clarification.

**Subtotal (0-12):** \_\_\_\_\_

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#### **SECTION 2 — Assumptions About Situations**

4. I assume I already know how a situation will turn out.  
 5. I assume the worst when I don't have enough information.  
 6. I assume people's behavior has something to do with me.

**Subtotal (0-12):** \_\_\_\_\_

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#### **SECTION 3 — Assumptions About Myself**

7. I assume I should always know what to do.  
 8. I assume I should be able to handle everything on my own.  
 9. I assume needing help means I'm failing.

**Subtotal (0-12):** \_\_\_\_\_

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## SECTION 4 — Impact on Expectations

- 10.** My assumptions often turn into expectations I never communicated.
- 11.** I feel disappointed or hurt when people don't meet expectations based on my assumptions.
- 12.** My assumptions make me expect more from myself or others than is realistic.

**Subtotal (0-12):** \_\_\_\_\_

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**TOTAL SCORE (0-48):** \_\_\_\_\_

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## INTERPRETATION

### **0-12: Low Impact**

Assumptions influence you, but they don't significantly distort your expectations or emotional reactions.

### **13-24: Moderate Impact**

Assumptions sometimes shape your expectations and may cause misunderstandings or emotional stress.

### **25-36: High Impact**

Assumptions strongly influence your expectations, often leading to frustration, disappointment, or conflict.

### **37-48: Very High Impact**

Assumptions may be driving unrealistic expectations, emotional overwhelm, or recurring relational patterns. This is a strong indicator that assumption-awareness work should be a focus.

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## CATEGORY INSIGHTS

- **Highest Subtotal:** Your primary assumption pattern
  - **Second Highest:** Your secondary emotional trigger
  - **Lowest:** Your strength zone (where you interpret reality more accurately)
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## NOTES / REFLECTIONS

Use this space to reflect on patterns you notice: