



# ***Emotional*** **ELEVATION** **WITH KADY JACOBS**

## **ASSUMPTION IMPACT ASSESSMENT**

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

Instructions: Rate how true each statement feels for you.

<b>Rating</b>	<b>Description</b>
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:

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