

The Four Agreements: A Practical Guide to Personal Freedom, by Don Miguel Ruiz

Recap the Agreements (3 & 4)

Agreement 3 Don't Make Assumptions

The problem

- Assumptions = reality & facts
- Most of the dramas and conflicts come from this.

The assumption making problem comes from fears.

- The fear of expressing the needs and wants.
- Sometimes we prevent doing certain stuff to prevent tension; consequently, it increases the tension.

★ Do not use the term "toxic person"

There is no such a thing as a toxic person, but the
★ feel of toxicity that we have, which is based on the
assumptions we make.

Practice

- Can you share a time when you made an assumption that turned out to be wrong? What happened?
- What actions or questions could you use to ensure your assumptions are accurate and avoid repeating that experience?
- Can you share an event where you made an assumption that you believe is true but hasn't been fully proven yet? What's happening?
- Can you find a specific stuff in that event that you made the assumption? Can you specify what deeper belief or thought does that event bring to the table?

Ask question with an open-end which is deep in thinking.

Like, I feel I'm not good enough. That's why I think my friend is avoiding me.

Assumptions can amplify emotions to an unrealistically high level.

It takes courage to be transparent with ourselves and others.

★ We focus more on self-reflection than on seeking feedback.

These assumptions lead to toxic emotions.

Agreement 4 Always Do Your Best

Our best can change within moments.

We often expect our best to remain consistent in every moment.

★ What you perceive as a weakness in others might actually be their greatest strength.