

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"** — ★ **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? — Ask question with an open-end which is deep in thinking.
 - 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?
 - 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.