

Identifying Faulty Assumptions

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It can be helpful to examine what assumptions you might have about your relationship and your partner that are actually faulty, or a myth. Changing your thinking about assumptions can make your relationships more healthy.



Top Ten Faulty Assumptions. If you believe any of these assumptions you will find some struggles in your relationship. See if you agree with any of these, even a little bit.

1. To demonstrate love, my mate must tell me he or she loves me several times daily.
2. If I don't feel romantic with my partner, it means we aren't in love any longer.
3. My partner should meet all my needs, especially all my needs for intimacy.
4. My partner should support all my ideas.
5. When I've had a bad day, my mate should be able to sense it and should do something to cheer me up without my having to tell him or her.
6. My partner should not expect me to be courteous and polite. That's what marriage is about, being yourself and not having to put on a show.
7. My partner should be able to know how to stimulate me when we're making love. I shouldn't have to tell him or her what to do and when to do it.
8. My mate and I should do almost everything as a couple if we are to maintain a happy relationship.
9. I should be able to keep my partner from getting unhappy.
10. My partner and I should never argue or disagree if our relationship is good.

What are *your* faulty assumptions? Remember they may or may not be on this list.

You CAN change the way you think about your partner and your relationship. If you find yourself believing some of these faulty assumptions, then identify it and replace that thought with something healthier for you and your relationship. Write healthier assumptions below.

Faulty assumption	Healthier assumption
Example: My partner should support all my ideas.	My partner can be supportive me as a person, even if he/she disagrees with my idea

