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## COUNSELOR CORNER

### ISSUE #14

## AVOIDING ASSUMPTIONS

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I AM THE SCHOOL COUNSELOR AT BOTH PERUVIAN PARK ELEMENTARY AND SUNRISE ELEMENTARY. PLEASE REACH OUT IF YOU HAVE ANY QUESTIONS, OR YOU NEED SOMEONE TO TALK TO ABOUT HOW YOU ARE FEELING.

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### JUMP TO CONCLUSIONS

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When we jump to conclusions about someone's words or actions, we can create conflicts, or escalate them.

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### EMOTION MANAGEMENT STRATEGIES

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Using emotion management strategies can help us prevent strong emotions from causing us to jump to conclusions.

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## WHAT ARE ASSUMPTIONS?

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When we make assumptions, we think we know why someone has said or done something. When we make assumptions, we don't think about all of the different possibilities concerning someone else's actions. When our feelings are strong, we are very likely to make assumptions. When making these assumptions, we often assume the worst. We can then make decisions without having all of the information.

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## CALMING-DOWN STEPS

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In order to avoid making assumptions, we need to have our emotions in control. We should be calm. When we practice calming down, we can learn to avoid making assumptions about what is happening.

- Stop—Recognize our feelings are overwhelming, and use our stop signal
  - Name our feeling—"I'm feeling embarrassed", or "I'm feeling angry"
  - Breathing—Do deep, centered breathing
  - Count—often helpful to count backwards, or by 2's or 3's
  - Positive self-talk—"I may not have all of the information about why she said that", or "I don't want to make assumptions".
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## ASSERTIVELY ASK QUESTIONS

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After we calm down, we can take the next step of assertively asking questions of others. By doing this we can better understand another person's perspective, and their intentions.