# Jumping to Conclusions Reflection

## 1. What triggered me to jump to a conclusion?

Describe the situation: Was it a text with no reply? A neutral tone from someone? An upcoming event? Note the moment your thoughts started running ahead of the facts.

## 2. What conclusion did I instantly make—and what evidence do I actually have?

Was it mind reading (assuming someone's thoughts) or fortune telling (predicting a bad outcome)?

Write down:

- What I assumed: "They must be mad at me."
- What I know: "They haven't replied yet."

## 3. What are at least 2 other possible explanations?

Challenge the thought. Examples:

- "Maybe they're just busy."
- "Maybe I'm projecting my fear onto the situation."

## 4. A more balanced or compassionate thought I could try instead is...

💬 "I don't actually know what they're thinking—I'll wait before deciding."

💬 "I've misread things before. Let's wait and see."

💬 "Even if things go wrong, I can handle it."