



Am I Making Assumptions?

Filter questions from the "Living in the Glitter" exercise in the book "FLAUNT! Drop Your Cover and Reveal Your Smart, Sexy, & Spiritual Self."

- Besides me, who else holds this belief?
- Is there a reason I hold this belief?
- How is this belief true?
- What evidence supports this belief?
- How is this belief false?
- What evidence is contrary to my belief?
- Does this contradiction give me discomfort?
- How am I rejecting contradictory evidence?
- How am I explaining away contradictory evidence?
- How am I avoiding contradictory evidence?
- What would changing my belief do to my view of myself and my relationship with others?