


PART VII: The things we believe, but are not truth

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READ THIS OVERVIEW

Have you ever made an assumption about someone without verifying the facts?

Imagine that your friend, who usually returns your texts, doesn't return your text one day. 1 hour, 2 hours, and eventually a whole day goes by, and you've started to wonder if they're angry with you. Maybe they're ignoring you. They probably saw your text and chose not to reply. You assume the worst.

Or have you ever had an expectation that wasn't met?

Imagine it's your birthday. And one of your friends, who got you a present last year, didn't get you a present this year. No card, no gift. You expected a present or at least some acknowledgement from them, so you're pretty disappointed. You begin to wonder if they are selfish, if they don't care about you, or if they aren't as close of a friend as you thought. You had an expectation (whether you realized it or not), and it wasn't met.

All of us, if we're not careful, play the role of mind-reader and make assumptions about the motivations behind people's behavior. And most of the time, if we're not careful, those assumptions tend to be negative. We spiral downward by negatively interpreting the behavior of another and making assumptions about what they're thinking. These interpretations and assumptions turn into landmines in relationships that, if not addressed, will hurt you and the other person. Further, all of us are prone to have expectations that might not have been communicated, agreed upon, or reasonable. We may not even realize we *have* these expectations.

If we're going to learn to love God and others, we have to fight against our tendency to mind read, make assumptions, and have unreasonable expectations. Three antidotes for these tendencies are to *stop mind reading*, *clarify expectations*, and *listen*. In this week's practice, we will explore practical ways to stop mind reading, clarify

expectations, and listen, so we are better equipped to love people in our lives and Community.

PRACTICE FOR THIS WEEK

Remember that you can find this practice in casaevidencias.com/community

If you notice, this teaching and practice this week is going to be a reminder and goes very hand in hand with PART IV where we talked about Mind Reading, Expectations, and Listening.

The reality is that it is a difficult skill to achieve, that is why we are taking a second week to reinforce this practice.

This week's practice is in two parts:

1. Review and continue doing the practice of PART IV, which was the following:

Before you go to sleep, reflect with the Holy Spirit on your day (using the questions below). We recommend doing it at night (instead of going to bed watching TV, or instead of going to bed to watch your cell phone, we invite you to do this practice) and use a diary to write down your reflections.

- What was the most important conversation you had today?
 - Did I try to read the person's mind in any way? Did you have any expectations of them that you need to clarify with them?
 - What is a step that the Holy Spirit is inviting me to take taking into account what I answered to the two previous questions?
2. In all the conversations you have this week, and specifically those that are conflict conversations or where you disagree, we are going to do these three steps:
 - We are not going to assume the motivations of other people, nor are we going to try to read or guess what they are meaning.
 - When we have a doubt or question about something, **we are going to ask the person** and we are not going to answer in our minds for him or her (especially if it is a child, spouse) , or someone close).
 - When a person makes us feel bad or we get upset with them because they did not do something that we think they should have said, we are going to tell them:

- The truth is, I'm upset because I had the expectation that you were going to _____ (wash the dishes, have the food ready, buy what was needed, etc).
- Do you think it was an expectation that I should or should not have had?