

## MISTAKEN TRADITIONAL ASSUMPTIONS

- 1) It is selfish to put your needs before other's needs.
- 2) It is shameful to make mistakes. You should have an appropriate response for every occasion.
- 3) If you can't convince others that your feelings are reasonable, then they must be wrong, or maybe you are going crazy.
- 4) You should respect the views of others, especially if they are in a position of authority. Keep your differences of opinion to yourself. Listen and learn.
- 5) You should always try to be logical and consistent.
- 6) You should be flexible and adjust. Others have good reasons for their actions and it's not polite to question them.
- 7) You should never interrupt people. Asking questions reveals your stupidity to others.
- 8) Things could get even worse, don't rock the boat.
- 9) You shouldn't take up others' valuable time with your problems.
- 10) People don't want to hear that you feel bad, so keep it to yourself.
- 11) When someone takes the time to give you advice, you should take it very seriously. They are often right.
- 12) Knowing that you did something well is its own reward. People don't like show-offs. Successful people are secretly disliked and envied. Be modest when complimented.
- 13) You should always try to accommodate others. If you don't they won't be there when you need them.
- 14) Don't be anti-social. People are going to think you don't like them if you say you'd rather be alone instead of with them.
- 15) You should always have a good reason for what you feel and do.
- 16) When someone is in trouble, you should help them.
- 17) You should be sensitive to the needs and wishes of others, even when they are unable to tell you what they want.
- 18) It's always a good policy to stay on people's good side.
- 19) It's not nice to put people off. If questioned, give an answer.