

# The Slow Fade of Assumptions

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[music]

**Jill Savage:** Do we have a story for you!

**Mark Savage:** We sure do.

**JS:** So recently, I was in the bathroom getting ready for the day, and Mark came into the bathroom very quickly, we were kind of in a hurry to get to something, and he kinda came in and looked at me and said, "Have you taken a shower?" And I was like, "Yes." And the way he said it was very accusing. [laughter] In fact, I think the exact words were, "Have you showered?" And so I was like, "Yes." And he just jumped right in the shower himself, and I'm thinking, "Do I smell? Does he think I don't shower on a regular basis? Why did he ask me that question that way?" And so this is running through my mind, I'm putting on my make-up, and my brain is just trying to figure this out, I've got all these thoughts going on and finally, I caught myself realizing that I was making some assumptions. I was starting to make some assumptions, I was filling in some gaps on this whole scenario that I didn't necessarily know were accurate. So finally, Mark steps back out of the shower and I say to him, "Why did you ask me that question, if I had showered?" And he said, "Well, because I wanted to know if the hot water was already up here on the second level from the basement?" [laughter] Oh, my goodness, okay, I'm standing there in the bathroom making it all about myself.

**MS:** Right. Well, and that's what happens when we experience a situation, and we don't know the information, so we start to assume.

**JS:** Right, we do. And when we start to assume, we actually start to interact with that other person based upon the assumptions we're making.

**MS:** And we interact as if it's true.

**JS:** Right. And so this is something that we've been paying attention to in our own relationship and recognizing the places that we tend to do this. And so had I not actually turned a corner, I'll tell you what I did in just a moment to change that, but I likely would have experienced being offended by that question, and I would have got my feelings hurt by that question, and I wasn't feeling warm and fuzzy.

**MS:** No, she would have been defensive, defensive towards me, I would have been defensive in response.

**JS:** And we would have... There would've been a coldness in our relationship. And so anyway, it's those kind of innocent interactions, that we assign a meaning to that is not accurate, and that's when the slow fade of assumptions comes in. You know when we wrote our "No More Perfect Marriages" book, we identified something called the slow fades, the slow fades pull your heart apart, your hearts apart one little quarter inch at a time, it happen underneath the surface, and we don't even recognize it. And we identified seven slow fades, but since we've written the book, we've identified a few more, and one of them is the slow fade of assumptions.

**MS:** Yes, we see those assumptions working often, not only in our own life, but in the lives of others.

**JS:** Right. So we need to recognize that the slow fade of assumptions is actually pulling our hearts apart, we're misreading things, we are disconnecting for reasons that don't even need to happen. So how do we stop the slow fade of assumptions? We do it by using our God tool of courage, and we do it by asking our thoughts, and sometimes asking those thoughts takes courage.

**MS:** It does, yeah.

**JS:** So that day in the bathroom, I asked my thoughts, Mark got out of the shower, and I looked at him and I said, "Hey, why did you ask me if I'd taken a shower?" And he responded about the hot water, and whether there was hot water on that level. And in asking that question, I asked my thought, my thought was, "Why did he ask that question?" And then I'm going with more thoughts, but I asked that thought, he clarified it for me, and we moved on, so ask your thoughts. You know it could be that your spouse... I don't know, it could be that they come home, and they seem a little irritable, and you're kinda thinking, "What did I do? Are they ticked at me?" In a case like that, we can ask our thoughts, we can say something like, "It seems like you came home stressed, is there something that I've done to contribute to that?" And oftentimes, what you're gonna get is, "No, not at all, this is what's going on inside my mind, this is what happened at work, this is what I'm dealing with." So ask those thoughts, many times, you're simply going to find out that it has absolutely nothing to do with you, so don't let that slow fade of assumptions steal any more connection from your relationship, stop assuming and start asking.

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