

**Types of Toxic Assumptions:**

- Overestimating Risks, Underestimating Yourself (or Others), Global Judging, Name Calling, Making About Me, Assuming without Knowing

**Socratic Questions:**

- “Have I checked this out?”
- “Did I succeed before?”
- “Is there another way to look at this?”
- “Do I have all the information?”
- “What would I say to a friend?”
- “What’s the worst that could happen?”
- “If the worst happened, could I cope?”

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