

Name:

Read the situations below.

1. Franco and Leon have been friends for years. Leon left for a two-week vacation. A few days later, Leon's friend Nick got an email from Leon, but Franco didn't. Franco was upset.

**Franco's Assumption:** "Leon doesn't want to be friends with me anymore."

2. The coach of the soccer team encouraged Ming to try out for the team. Ming worked hard to improve her soccer skills before trying out. After the tryout, she thought she'd done okay. Later, she learned that she didn't make the team. Ming was devastated.

**Ming's Assumption:** "The reason I didn't make the team is that the coach doesn't like me."

3. Jay got his hair cut much shorter than usual and he was nervous about how people would react. As he walked down the hall at school, he noticed people staring at him.

**Jay's Assumption:** "They're staring at me because they don't like my hair."

For each of the situations above, answer the following questions.

- a) What (if any) evidence might support the assumption?
- b) What other reason(s) might explain the situation?
- c) What is a reasonable and more positive thought the person could have about the situation?