

The Four Agreements Book Club with Katina Lee

Week 4 - Chapter 4: Don't Make Assumptions

In Chapter 4 of *The Four Agreements*, Don Miguel Ruiz introduces the third agreement: ****Don't Make Assumptions****. At the heart of this principle is the idea that much of our pain, frustration, and drama comes not from what others actually say or do—but from what we *assume* they think, feel, or mean.

Ruiz explains that we are trained from childhood to make assumptions as a way of navigating social expectations. We learn to read between the lines, guess what people want, and interpret behavior without direct communication. Over time, we stop asking questions and start reacting to the stories we invent in our heads.

This chapter teaches that assumptions are often based in fear—especially the fear of rejection or not being good enough. Instead of seeking clarity, we stay silent or try to “protect ourselves” by staying in control of the narrative, even when that narrative isn't true.

Ruiz makes a powerful claim: *“All the sadness and drama you have lived in your life was rooted in making assumptions and taking things personally.”* He invites us to find the courage to ask questions, communicate clearly, and express what we really want.

Assumptions can show up in relationships, at work, and even in how we view ourselves. They distort reality and keep us stuck in cycles of misunderstanding. But when we choose to ask instead of assume, we begin to break free from the emotional poison of miscommunication.

The chapter closes with a call to courage: Speak up. Clarify. Don't guess—ask.

It's not always easy. But it's one of the simplest, most powerful shifts we can make in how we relate to others—and to ourselves.

Reflection Questions

- What's an assumption you've made recently that turned out to be wrong?
- Why do you think you assumed instead of asking directly?
- How do assumptions typically show up in your relationships?
- What fear often drives your assumptions—fear of being wrong, rejected, or misunderstood?
- How would your communication change if you practiced asking instead of guessing?

Journal Prompts

- Describe a time when you made an assumption that caused unnecessary pain. What actually happened once you found out the truth?
- Write about a situation in your life right now where you've been guessing someone's thoughts or intentions. What could you ask to get clarity?
- Reflect on the quote: 'All the sadness and drama you have lived in your life was rooted in making assumptions and taking things personally.' Where does this feel true in your life?
- What beliefs have you carried about yourself that were based on assumptions from childhood?
- Write a short script of how you might approach a difficult but honest conversation you've been avoiding.