Ask Before You Assume.

A free 5-minute self-check

Notice where people guess about you, and what you'd like them to ask instead.

No scores. No right answers. Skip anything that doesn't fit.

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Tick what fits

Tick as many or as few as you like. You can fill this in on screen or print it.

What people often get wrong

- [ ] People often assume things about me before they ask.
- [ ] I have been misunderstood when my intentions were clear to me.
- [ ] There is one assumption about me that frustrates me most.

What I need

- [ ] I know what helps me do my best.
- [ ] Some well-meant help doesn't help me.
- [ ] I find it hard to ask for what I need.

How I communicate

- [ ] People read my communication style differently from how I mean it.
- [ ] I communicate differently when I'm worried or overwhelmed.
- [ ] I know the best way for people to communicate with me.

Being understood

- [ ] Some people really get me, and I know what they do differently.
- [ ] I wish professionals asked me more before deciding.
- [ ] I would like a way to explain myself that I can hand over.

Put it into words

Short answers are fine. Use as much or as little space as you like.

The assumption I'd most like people to stop making is...

Instead of assuming, I wish people would ask...

One thing that helps me, that I'd like people to know...

You've started putting yourself into words.

That's worth sharing.

Want to go further?

The Understanding Me workbook is a calm reflection workbook for adults. It helps you put your needs, your communication style and what helps into words, and it ends with a one-page guide you can share.

Find it on Etsy:
etsy.com/listing/4623420616

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