

## **Mistaken assumptions to challenge:**

1. It is selfish to put your needs before other's needs.
2. It is shameful to make mistakes.
3. Keep your differences of opinion to yourself, especially with authority figures.
4. You should always be flexible and adjust.
5. Asking questions reveals your stupidity.
6. You shouldn't take up other's valuable time with your problems.
7. You should always accommodate others. If you don't, they won't like you.