



Skills Training Assumptions

**An assumption is a belief that cannot be proved,
but we agree to abide by it anyway.**

- 1. People are doing the best they can.**
All people at any given point in time are doing the best they can.
- 2. People want to improve.**
The common characteristic of all people is that they want to improve their lives and be happy.
- 3. People need to do better, try harder, and be more motivated to change.***
The fact that people are doing the best they can, and want to do even better, does not mean that these things are enough to solve the problem.
- 4. People may not have caused all of our own problems, but they have to solve them anyway.****
People have to change their own behavioral responses and alter their environment for their life to change.
- 5. New behavior has to be learned in all relevant contexts.**
New behavioral skills have to be practiced in the situations where the skills are needed, not just in the situation where the skills are first learned.
- 6. All behaviors (actions, thoughts, emotions) are caused.**
There is always a cause or set of causes for our actions, thoughts, and emotions, even if we do not know what the causes are.
- 7. Figuring out and changing the causes of behavior work better than judging and blaming.**
Judging and blaming are easier, but if we want to create change in the world, we have to change the chains of events that cause unwanted behaviors and events.

*But trying harder and being more motivated may not be needed if progress is steady and at a realistic rate of improvement.

**Parents and caregivers must assist children in this task.

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