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## **A Theoretical Perspective of the Effect of Assumptions on Emotional Well-being of an Individual**

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**Keywords:** *Effect of Assumptions, Emotional Well-being, Individual.*

### ***Aim of the research***

To develop assumption verification model in clinical setup to recover individual's suffering with anxiety and depression and also to enhance emotional well-being of an individual.

### ***Objectives***

1. To identify the role of assumptions in the disturbance of Emotional well-being.
2. To propose psychotherapy model named assumptions verification model to enhance emotional well-being.

## **METHODOLOGY**

### **1. Concepts used in present Study**

#### **1.1 Emotional Wellbeing**

A useful definition of emotional wellbeing is offered by the Mental Health Foundation: 'A positive sense of wellbeing which enables an individual to be able to function in society and meet the demands of everyday life; people in good mental health have the ability to recover effectively from illness, change or misfortune.'

Some benefits of gaining greater emotional well-being include knowing that one's needs are important and that individual deserve to have a life where he or she feel happy and secure. As individuals achieve emotional balance, they are able to identify their heart's desires, take positive action, and make changes in own life.

Emotional well-being is a term that has seen increasing use in recent decades. The implications of decreased emotional well-being are related to mental health concerns such as stress, depression, and anxiety. These in turn can contribute to physical ill-health such

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as digestive disorders, sleep disturbances, and generally lack of energy ("Emotional Well Being & Mental Health", Harvard Health Publications). Enhanced emotional well-being is seen to contribute to upward spirals in increasing coping ability (Fredrickson et.al. 2002).

### **3.1.2 Assumption**

The premise or supposition that something is a fact, therefore this is the act of taking something for granted.( Pam M.S.)

Assumptions are the estimates of the existence of a fact from the known existence of other fact(s). Although useful in providing basis for action and in creating "what if" scenarios to simulate different realities or possible situations.

According to Janoff-Bulman (1992), people come up with general assumptions about the world. These assumptions are undeclared and somewhat implicit, and serve as a basis of our well-being. They give meaning to our existence. The beliefs that we create come in many forms. They are general ideas about the world as a whole and reflect its benevolent nature. As Brewin & Holmes (2003) state, the three main assumptions are that "the world is benevolent, the world is meaningful, and the self is worthy." Therefore, we have high expectations for ourselves, and the world around us, to remain decent and meaningful.

On the basic of client's assumptions inspection ,the current research classify assumptions into following types.

## **2 Types of assumption**

### **2.1 Generalized assumption**

The assumption based on the knowledge received from environment, society belief system and education.

### **2.2 Personalized Assumption**

The assumption based on the schemas and personal past life experiences.

### **2.3 Positive assumption**

The assumption leads to project positive/pleasant outcome of a particular event, situation or action.

### **2.4 Negative assumption**

The assumption leads to project Negative/unpleasant outcome of a particular event, situation or action.

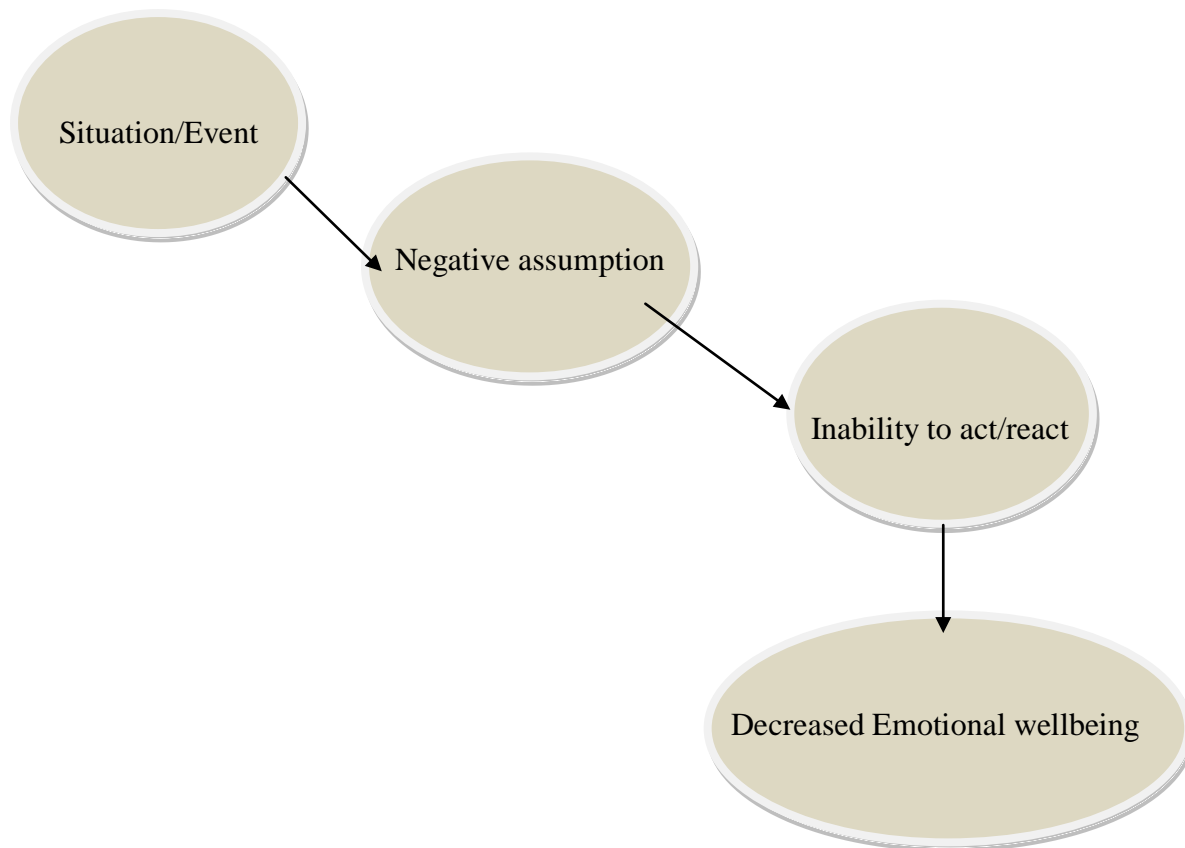
People tend to make assumption of already happened event or the event going to be happening. Generally the assumptions are mixed. Sometimes positive assumptions are mixed with general assumptions or negative assumptions are mixed with personalized assumptions, or sometimes combination of all. People with decreased emotional well-being often tend to make negative

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assumptions of past and future events which may leads to depression, anxiety and phobia also it inhibits an individual to act and gain experience which is needed to enhance emotional well-being.

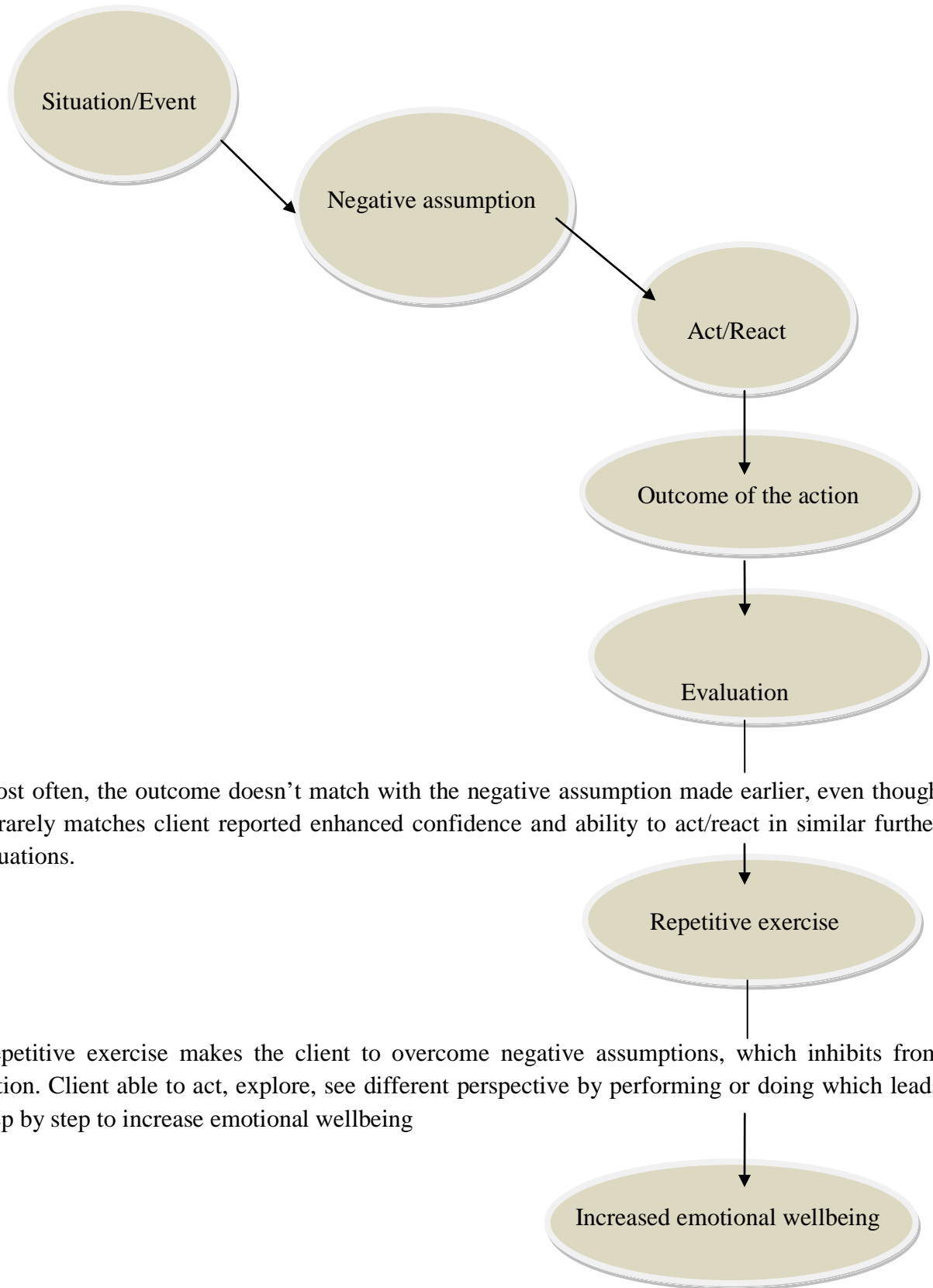
Westen et.al. did attempt to identify empirically supported therapies (ESTs) imposes particular assumptions on the use of randomized controlled trial (RCT) methodology that appear to be valid for some disorders and treatments.( Westen et.al. 2004)

In assumption verification model, the therapist interrogates client's assumptions on a particular event or situation. First the therapist identify assumptions, then the therapist drawn out negative assumptions leading to not act or react to particular situation/event which may leads to decreased emotional well being of the client. Therapist then explains the following cycle of assumption affecting emotional well being.



As a task, therapist then ask client to deliberately act/react on a specific life situation even though if client had a negative assumption, which may follow following cycle.

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## RESULTS AND CASE STUDY

The results of Assumption Verification Model were obtained in Clinical practice while handling clients suffering with mental illness. The results are verified from the client and Family member's declaration about well being in comparison with the beginning of first session. From the number of cases, Three Case studies are described in brief below.

### *1 Case study 1*

Client A, a 18 year old girl, diagnosed with depression, was not able to do regular studies. As per the assumption cycle, her negative assumption was found. The assumption was she may not able to do that much study as she did in the previous years. Client asked to see different situations in day to day life and to observe the assumption s cycle. Also to practice modification of negative assumption and evaluation of the outcomes.

Then for Client A's major problem with studies, Her strong negative assumption first identified and asked her to deliberately reform her assumption to the new one that she may able to do study nearer to the previous one. As the part of therapy. She began to do study in short intervals which lead to create interest towards study. After few sessions, she strongly disagreed with her own negative assumption and proved by the action of doing study as she was doing in the past.

### *2 Case study 2*

Client B, a 37 year old man, diagnosed with Bipolar disorder, was not able to go to work. He was relating his inability with the medicines side effect. Client B, asked to see different situations in day to day life and to observe the assumption s cycle. Also to practice modification of negative assumptions and evaluation of the outcome.

Then for Client B's major complaint of inability to go to work, his negative assumption was identified. Client confirmed he was under the negative assumption that side effect of medicine will affect his work life. Client B reported after rejoining the work, there was no correlation of the medicines side effect and the inability to go to work.

### *3 Case study 3*

Client C, a 22 year old male student, came to clinic to modify his nature, to get ability to form friendship. After discussion, his negative assumption was found. He was assuming, due to shy nature he is not able to form friendship. Strongly believing own negative assumption, was disabling him to act, to do actions needed to form friendship. Client C, asked to see different situations in day to day life and to observe the assumption s cycle. Also to practice modification of negative assumption and evaluation of the outcomes.

Then Client C asked to discourage his negative assumption and to act on forming friendship. Client C reported even though of his shy nature he successfully managed to form friendship.

### **LIMITATIONS OF THE CURRENT RESEARCH**

1. Biological factors affecting emotional well-being are not considered.
2. The results are based on the limited number of case studies.
3. Underlying mental disorder causing decreased emotional well-being is also treated in parallel with conventional psychotherapy like CBT, REBT and Gestalt therapy.

### **IMPLICATION**

Implication of assumption verification model along with other psychotherapies work as supportive therapy to recover individuals suffering with depression, anxiety and phobia. Utilization of the model may assist individual to rethink on the self created mental block causing inability to act. Implication of the model thus results to actions by an individual leading to increased emotional well-being.

### **DIRECTION FOR FURTHER RESEARCH**

1. Empirical data to support increased emotional well being due to the implication of assumption verification model.
2. Distinguish in between the results obtained in increased emotional well being by assumption verification model and psychotherapies separately.

### ***Acknowledgments***

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### ***Conflict of Interests***

The author declared no conflict of interests.

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