Assumption Breaker — Capture Sheet

For the facilitator — capture the reasons, the ratings before and after, and the one test, so the reveal survives the room.

TEAM / GROUP

THE PROBLEM ("WE CAN'T … BECAUSE …")

DATE

How to use this: fill it in as the activity runs, not after. Write the reasons in the team's own words. Ratings are private — collect the numbers and write one average per reason: the "before" in Box 2 before the challenge, the "after" straight after. **How fixed does each reason feel?** 5 = completely fixed · 1 = may not be fixed at all — rate the reason only, not whether it is true. Box 3 is the reveal.

1 · The reasons we surfaced — each "because", in the team's own words; keep the 3–5 that block most

2 · How fixed — before and after — one average per reason; "before" prior to the challenge, "after" straight after

REASON (THE "BECAUSE")	BEFORE	AFTER

3 · May not be as fixed as we thought — the reasons whose rating dropped the most

REASON THAT DROPPED	BEFORE → AFTER	DROP

4 · Carry it forward — the 48-hour test (one concrete, reversible move, with an owner and a time), then each person's "because" to drop

THE 48-HOUR TEST — OWNER + TIME

ONE "BECAUSE" I'LL STOP TREATING AS A FACT (ONE PER PERSON)

Before you leave the room: photograph this sheet and send it to everyone who took part. A reason you stop treating as a fact rarely stays that way unless it is written down.

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