



Mind Reading Thought Check



CHALLENGING THE HABIT OF MIND READING AND ASSUMPTIONS

What Is Mind Reading?

Mind reading is an unhelpful thinking habit where you assume you know what others are thinking—usually something negative.

Examples:

- “They think I’m awkward.”
- “They’re judging me.”
- “They don’t like me.”

The truth: We can’t actually read minds.

Why It Matters

This thinking habit can:

- Increase anxiety
- Damage confidence
- Lead to misunderstandings

Step 1: What Happened?

Describe the situation:

Step 2: What Did You Assume?

What did you think the other person was thinking?

Turn your assumption into a balanced thought:

Instead of:

“They think I’m awkward.”

Try:

Optional Step: Clarify (If Needed)

Is there a safe way to check your assumption?

- Ask directly
 - Observe more before reacting
 - Let it go
 - Other: _____
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Reflection

How do you feel now?

- Less anxious
 - More grounded
 - More open-minded
 - Still unsure
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Reminder

- Not every thought is a fact.
- Not every silence is judgment.

Sometimes, your mind fills in gaps with fear—not truth.

“Check the facts, not the fear.”