

# Cognitive Distortions: Mind Reading

Mind reading is when we assume that people are thinking badly of us. In reality, those thoughts are coming from our own insecurities.

*Example:* Courtney has been feeling insecure as she struggles to pay her bills. When Courtney meets her parents for dinner they offer to pay. In response, Courtney feels frustrated and says "I know you think I am a failure but I can pay for my own food". Courtney assumed her parents were thinking she was a failure, but the assumption was coming from her own insecurities.

**Directions:** Answer the questions below to understand where your thoughts come from and how they are affecting you.

**What was going on the last time you had a mind reading thought?**

---

---

**What was the mind reading thought you had about this person?**

---

---

**Why did you assume that person was thinking this about you?**

---

---

**Have you ever had that thought (or a similar thought) about yourself? If so, when?**

---

---

**How would it affect you if that person was thinking that thought?**

---

---

**What are other possibilities for what that person is thinking?**

---

---

**How would your self-image improve if you were not having these mind reading thoughts?**

---

---