

MIND READING WORKSHEET

In purely objective terms, what did the other person do or say? (Stick simply to the facts of what happened or what was said, resisting any urge to add your interpretation of what it 'meant' even now or at the time, directly or indirectly)

What did you assume was the other person's intention by doing or saying what they did? What did you think that they were thinking?

What are some other possible alternatives of what their intentions may have been or what they may have been thinking? Be creative, and really try to think of as many alternatives as possible!