

PERSONALISATION

When someone else's mood gets read as something you caused.

IN PLAIN ENGLISH

A face changes, and you assume you are the reason.

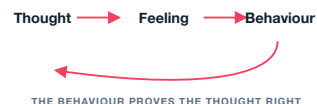
Most moods walking past you were built somewhere else.

You did not cause it. You just picked it up.

THE CLINICAL NAME

Personalisation

The mind is an explanation machine and it dislikes a gap. When a cause is missing it grabs the nearest candidate — and you were standing right there. Bad sleep, a sick child, traffic, a hard phone call: causes you will never see, quietly assigned to you.



HOW IT RUNS *Your manager walks past without speaking*

THE VERDICT

THE NEXT STEP

THOUGHT

"She is annoyed with me. I have done something wrong."

"She looked preoccupied. I do not know why yet."

FEELING

A tight stomach, then scanning the week for your mistake.

Mildly curious. Not braced for punishment.

BEHAVIOUR

Over-explain in the next email. Work late to compensate.

Carry on. Ask a plain question later if it matters.

THREE TOOLS

- 1 Count the other causes.** Name three explanations that have nothing to do with you. There always are three.
- 2 Ask for the evidence.** What was actually said? Silence is not a sentence about you.
- 3 Put it down.** If it is not yours, you are allowed to stop carrying it.

A MUSLIM LENS

Someone is short with you after ṣalāh and by the car park you have decided the community has turned on you.

Ḥusn al-zann — Assume the better explanation. It is an obligation, not optimism.

In du'ā' — Ask for them by name before you ask about yourself.

Then one contact — A short greeting next week. Let reality answer instead of your guess.

Suspicion costs you a brother. A good assumption costs you nothing.

THIS WEEK Pick one mood you took personally. Name three other reasons it could have existed.

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