

MIND READING

When a guess about what someone thinks gets treated as a fact.

IN PLAIN ENGLISH

You decide what is in their head, then respond to it.

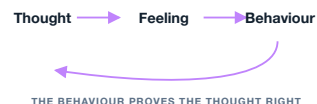
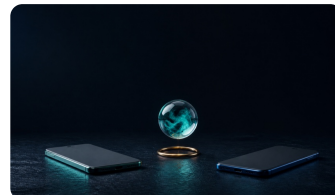
You are now reacting to your own writing.

Read at two, no reply by five. That is a timestamp, not a feeling.

THE CLINICAL NAME

Mind reading

An inference presented to yourself as a perception. The guess is generated instantly and arrives feeling like knowledge, so it is rarely tested. Because you then act on it — cooler, more distant, pre-emptively defensive — the other person responds to that, and the guess appears to confirm itself.



HOW IT RUNS *A friend leaves your message on read*

THE VERDICT

THE NEXT STEP

THOUGHT

"They are annoyed with me. I have been too much."

"I do not know why they have not replied."

FEELING

Anxious, rejected, rehearsing an apology.

Mildly curious. Not yet a problem.

BEHAVIOUR

Go quiet to punish, or send three more messages.

Leave it. Ask plainly in a day if it still matters.

THREE TOOLS

- 1 Label the guess.** Say "I am guessing" before the sentence. It changes its status.
- 2 Ask, do not audit.** One direct question beats three days of interpretation.
- 3 Watch the self-fulfilment.** Notice how your cooling off creates the distance you feared.

A MUSLIM LENS

Someone does not return your salām and you have already concluded what they think of you.

Avoid ḡann — Much suspicion is a sin precisely because it feels like knowledge.

Ask, do not investigate — The dīn forbids spying and prefers the plain question.

Then extend salām first — The greeting is the cheapest way to end a story you invented.

You were never given access to another person's heart. Stop acting as if you were.

THIS WEEK Catch one mind-read. Write it down as a guess, then find out what was actually true.

KEEP LEARNING

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