

# AI-01921 Thinking Error-Mind Reading

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**I'm looking for a thinking error of the following fictional case:  
Mentoring a human who in the US or a daughter or a son. Now, I don't hear from them unless I initiate a conversation "**

**List my thinking error. Explain and deep dive.**

Your thinking error is jumping to conclusions or mind reading.

Explanation and Deep Dive

You're assuming you know the reasons behind the other person's behavior without any evidence. The fact that you don't hear from them unless you initiate contact doesn't automatically mean they don't want to talk or that something is wrong. You're creating a narrative in your mind—a story where you're the one who always has to reach out—and then treating that story as an established fact.

This cognitive distortion, or thinking error, is dangerous because it can lead to misinterpretations and emotional distress. You might start to feel unappreciated, ignored, or even resentful, all based on an assumption that may not be true. The other person's silence could be due to a number of reasons that have nothing to do with you. For example, they might:

- Be busy with school, work, or family obligations.
- Assume that if you need to talk, you'll reach out.
- Be introverted and prefer to respond rather than initiate conversations.
- Be dealing with personal stress or challenges and not have the mental energy to reach out.

The "deep dive" here is to recognize that you're operating on a guess, not a fact. You're essentially "reading their mind" and concluding that their lack of

initiation means something specific and negative about their feelings or intentions. The reality is, you don't know what they're thinking or why they're behaving this way.

The best way to correct this thinking error is to replace your assumptions with questions. Instead of concluding "they don't want to talk to me," you could reframe it as "I wonder what's going on with them? I'll reach out and see how they are." This shift moves you from a place of judgment to a place of curiosity and empathy. It also allows you to gather real information instead of relying on a potentially false narrative that can damage your relationship.