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FOUNDATION



# THOUGHT READING

## Introduction

Quite often we may see a reference to ourselves on the television. This can be quite distressing for some people, if it is a negative reference. We may also think someone has read our thoughts, based on what they say and think that they can read our minds. By using the charts below, we are not challenging the person's beliefs, but trying to help them look at it from another perspective. To see it more positively by checking the evidence for their thoughts.

## How can the TV or radio refer to you?

### Ideas of reference

Date/Time	Who referred to you?	What did they say?	What do you think it meant?	What else could have been meant?

### Thought reading (or interference with thoughts)

Date/Time	Who seemed to read your thoughts?	What were you thinking?	What made you think that they had read your thoughts?	Were there any other possible explanations?