

Misreading Emotions Reflections Sheet

A moment I felt sure someone was upset with me was...

Describe the situation and what made you feel uneasy. Was it a short text, a facial expression, a delayed response?

What was my interpretation—and is there another explanation?

What did your anxious brain assume (e.g., “They’re mad at me”)? Now ask:

- Could they have just been tired, distracted, or busy?
- Am I guessing, or do I have actual evidence?

How has this pattern shown up before?

Have you noticed this same anxious thought in other relationships or situations? Recognizing recurring misinterpretations can help shift your perspective.

A grounding thought I can use next time is...

Examples:

- ... “Anxious thoughts aren’t facts.”
- ... “They might not be upset—I could be misreading this.”
- ... “I’ll give them (and myself) the benefit of the doubt.”