



How We Think We Know What Others Think

Summary

- We make assumptions about other people all the time.
- We think we know what goes on inside the other person – these are really our own projections rather than the other person's thought..
- There are different types of projection. They all help us to protect ourselves from material that we find uncomfortable.
- Depending on your attachment style you will have different projections.
- Don't assume you can read another person's mind. It is impossible.
- To really understand the other person clarify your own ideas about what you want from a relationship first.