

Good MENTALIZING



- YOU ARE OPEN, CURIOUS, AND INTERESTED IN MENTAL EXPLORATION, EVEN WHEN IT'S PAINFUL
- YOU POSSESS A RICH INTERNAL LIFE, SENSE OF INTERNAL FREEDOM, AND "SAFE UNCERTAINTY"
- YOU FEEL GENUINE INTEREST IN OTHERS' MENTAL STATES; INQUISITIVE OF SELF AND OTHERS
- YOU HAVE A FLEXIBLE MINDSET WITH YOURSELF AND OTHERS
- YOU ARE ABLE TO REGULATE ANY DISTRESS CAUSED BY OTHERS
- YOU ARE RELAXED AND FLEXIBLE; NOT "STUCK" IN ONE POINT OF VIEW
- YOU CAN BE PLAYFUL, USING HUMOR THAT ENGAGES RATHER THAN HURTS
- YOU CAN SOLVE PROBLEMS BY "GIVE AND TAKE" BETWEEN YOURSELF & OTHERS' PERSPECTIVES
- YOU DESCRIBE YOUR OWN EXPERIENCES RATHER THAN DEFINE OTHER'S EXPERIENCES OR INTENTIONS
- YOU TAKE RESPONSIBILITY AND ACCOUNTABILITY FOR YOUR BEHAVIOR
- YOU ARE OPEN AND CURIOUS ABOUT OTHER PEOPLE'S PERSPECTIVES
- YOU UNDERSTAND OTHERS HAVE DIFFERENT THOUGHTS, FEELINGS, AND OPINIONS (PERSPECTIVE TAKING)
- YOU ARE FORGIVING TOWARD YOURSELF AND OTHERS
- YOU ARE AWARE OF THE IMPACT YOU HAVE ON OTHERS AND VICE VERSA
- YOU BELIEVE IN CHANGEABILITY
- YOU CONTEMPLATE AND REFLECT

NOTES:

Poor

MENTALIZING



- YOU MAKE ASSUMPTIONS THAT ARE UNREFLECTIVE, NAÏVE, DISTORTED, AND/OR AUTOMATIC
- YOU ARE UNJUSTIFIED IN YOUR CERTAINTY ABOUT INTERNAL MENTAL STATES OF YOURSELF/OTHERS
- YOU ARE OVERLY FOCUSED ON EXTERNAL OR INTERNAL FEATURES OF YOURSELF AND OTHERS
- YOU ARE UNABLE TO CONSIDER BOTH YOUR AND OTHERS' PERSPECTIVES
- YOU LACK INTEREST IN MENTAL STATES, BOTH YOURS AND OTHERS
- YOU FOCUS ON PURELY BEHAVIORAL "EMPTY" ASPECTS OF OTHERS' PERSONALITY; QUALITIES SUCH AS BEING TIRED, LAZY, SLOW, NOT ENOUGH, ETC.
- ATTEMPTING TO AVOID MENTALIZING, YOU BECOME AGGRESSIVE, MANIPULATIVE; YOU DENY, CHANGE THE SUBJECT, OR BECOME NON-COOPERATIVE (E.G., "I DON'T KNOW")

NOTES & REFLECTIONS: