



What They're Not Thinking" Journal





**Everyone
is judging
me**

What They're Not Thinking A Mini Journal for Challenging Mind-Reading Anxiety

If your brain says "they're judging me," this is for you. This journal helps you get out of their head — and back into your own.

✨ Perfect for:



Overthinking what others think of you



Post-convo spirals



Group anxiety + "everyone's watching" moments



Why Social Anxiety Lies

Social anxiety convinces you that you know what others are thinking. But here's the truth:



You can't read minds.



Anxiety fills in blanks with fear — not facts.



This journal helps you notice that pattern — and gently change it.

📱 You can ask Navigate Anxiety:

💬 "Help me reframe a thought I'm having about what someone thinks of me."

How to Use This Journal

Use it before, during, or after social situations when you're spiraling. Each page has the same 4-step reflection:

What's the thought?

Identify what you believe others are thinking about you

What's the evidence?

Look for actual facts that support this belief

What else could be true?

Consider alternative explanations for the situation

What would I say to a friend thinking this?

Offer yourself the same compassion you'd give others

That's it — gentle truth-checking.



Example Thought

"They probably think I'm weird and annoying."

 Reframe Journal:

1. Thought:

They think I'm annoying.

2. Evidence:

They didn't respond much.

3. Other Possibilities:

- They were distracted.
- They're socially anxious too.
- Maybe they're tired — not judging.

4. What I'd Say to a Friend:

"One quiet convo doesn't mean you're annoying."



Common Mind-Reading Triggers



🧠 "They didn't text back = I said something wrong"



🧠 "They looked at their phone = They're bored of me"

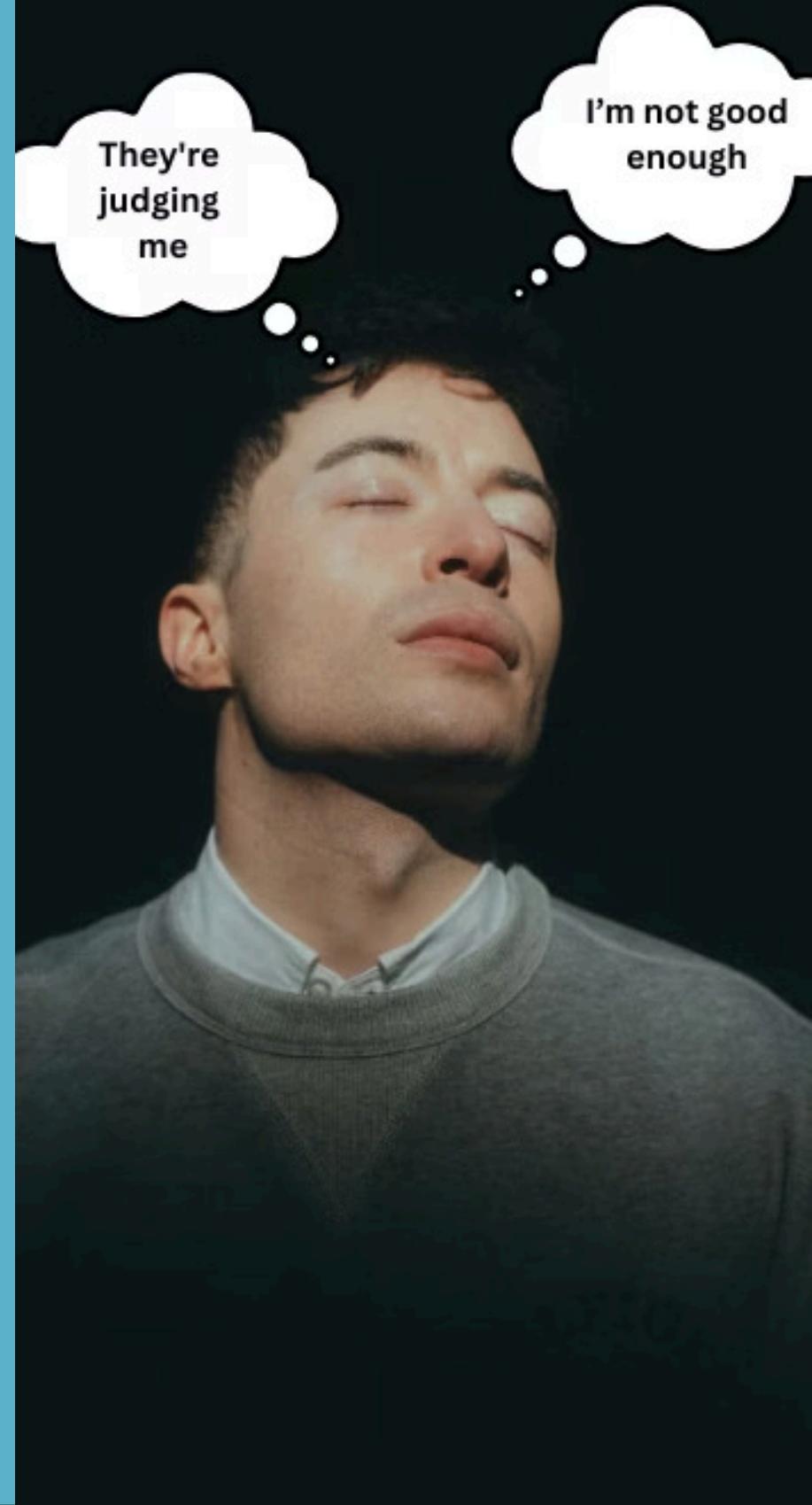


🧠 "They laughed weird = They're mocking me"

✨ Catching these thoughts is powerful. Awareness is the first step to freedom.

They're
judging
me

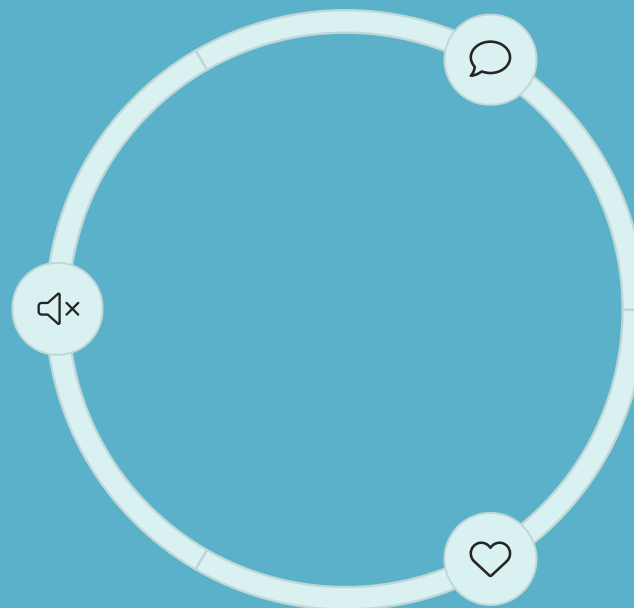
I'm not good
enough



Practice Prompts

Here are 3 common anxious thoughts to reframe using your journal:

🧠 "Everyone thinks I'm too quiet."



🧠 "I sounded so awkward just now."

🧠 "They probably don't like me anymore."

📱 Try writing one out now — or screenshot this for later.

📱 Ask Navigate Anxiety:

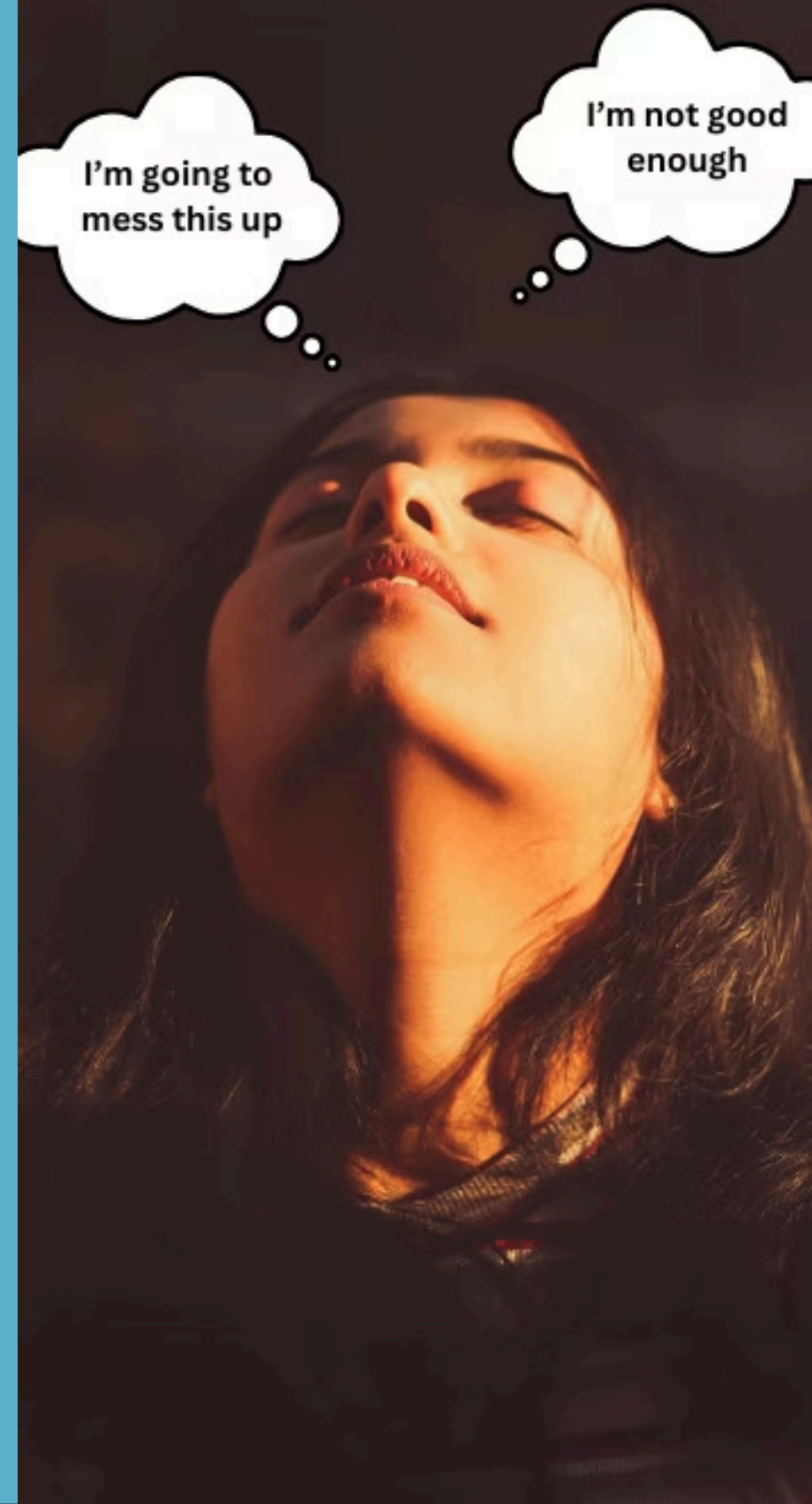
💬 "Can you help me reframe: 'They think I'm awkward?'"

Self-Talk Upgrades

Replace harsh assumptions with gentle truths.

❌ "They're judging me"	→	✅ "They're probably not thinking about me that much."
❌ "I was too much"	→	✅ "I showed up as myself – and that's enough."
❌ "I embarrassed myself"	→	✅ "I'm human. Humans get awkward."

✨ You don't need to silence the thoughts – just soften them.



Use Navigate Anxiety as Your Reframe Coach

When your brain won't stop spiraling, let the app step in.

➦ Ask <https://navigateanxiety.org>:



💬 "Challenge this thought with me."



💬 "What's a kinder way to see this?"



💬 "I feel like everyone hates me — can you help?"

✨ It's like having a CBT therapist in your pocket — minus the pressure.

Save + Share This



Save this journal

For post-event spirals or pre-event nerves



Share with others

Know someone who mind-reads themselves into panic? Send it their way



Find freedom

No one thinks about us as much as our anxiety thinks they do. And that's actually... freeing