

The Art of Reading Minds

by Henrik Fexeus

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

01 Establish a baseline before interpreting

Spend the first minute noticing someone's normal pace, posture, eye contact, and speech rhythm. Only then treat deviations as possible signals.

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02 Mirror one layer, not the whole person

Match tempo, volume, or posture lightly. Subtle rapport feels like ease; obvious copying feels like manipulation.

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03 Separate observation from story

Write two columns after a conversation: what you actually saw, and the meaning you attached to it. Do not confuse the columns.

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04 Ask one non-leading check question

Replace 'Are you upset?' with 'What part of this feels unresolved?' Clean questions let the person supply reality instead of confirming your guess.

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05 Watch for channel agreement

Before acting on a read, look for at least three channels pointing together: words, voice, posture, timing, face, or context.

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06 Repair your read out loud

When you miss, say so quickly: 'I think I read that wrong.' The repair builds more trust than pretending your first interpretation was perfect.