

## **Theory of Mind Checklist**

### **General**

- Understands how their mind works.
- Understands how someone else's mind works.
- Knows that they are different from other people.
- Understands the causes and consequences of emotions.
- Knows what to say to themselves about what is seen, heard, or experienced.
- Knows how to build a healthy self-concept (positive ego).
- Expresses feelings appropriately.
- Understands their own feelings.
- Understand the feelings of others.
- Expresses wants and needs appropriately.
- Understands basic emotions.
- Knows how to regulate and control emotions.
- Knows why they should self-regulate.
- Understands that their mind is different from the mind and thoughts of another.
- Grasps cause and effect in relationships between people including:  
facial expressions\_\_, desires\_\_, opinions\_\_, outcomes\_\_, emotions\_\_, actions\_\_.
- Does not have false beliefs.
- Can be self-involved (ego-centric) as opposed to egotistical.
- Can appear to be uncaring but does care when they understand a situation.
- Utilizes curiosity as opposed to judgment.
- Knows that speech can be internal.
- Understands that people act based on what they think or predict will happen.
- Knows how to change behavior to get a desired outcome.
- Completes tasks that are not of one's own choosing.
- Forms conclusions that are valid.
- Has curiosity about what happened in a problematic event.

- Learns from experiences.
- Understands how to act in their own best interest, instead of what they may want to do.
- Understands why they should do something that they do not want to do.
- Understands the impact of actions on themselves and others.
- Utilizes inferences, e.g., hows and whys.
- Learns a social lesson from a specific situation and generalizes it to another setting.
- Uses a prior idea to understand how things might work in similar situations.
- Understands if and when they are missing information.
- Observes and models people's appropriate behavior.

### **Social**

- Recognizes differences between social situations.
- Knows that people can have different beliefs from theirs and not be wrong.
- Understands that beliefs of others can be different from one's own and that does not make them wrong.
- Makes friends.
- Recognizes and understands that others can have plans.
- Can understand others are not wrong because you disagree with them.
- Recognizes the emotions of others.
- Understands the motivations of others.
- Grasps why people say what they say.
- Understands that different social roles require different responses.
- Has social flexibility.
- Knows how to respond appropriately to others.
- Interprets and responds appropriately when others are upset.
- Grasps why people tell a story.
- Understands others' expectations of them.
- Recognizes others' expectations of them.
- Distinguishes differing personalities.

- \_\_ Understands that people can have a different emotion from the one showing on their face.
- \_\_ Knows when they are being mean to someone.
- \_\_ Knows when someone is being mean to them.
- \_\_ Comprehends personal boundaries both verbal and spatial.
- \_\_ Understands general social reciprocity, e.g., what is expected in a social setting.
- \_\_ Has an ability to utilize empathy and understand the internal states of others.
- \_\_ Understands social realities and responds correctly.
- \_\_ Catches auditory nuances in communication, e.g., tone of voice.
- \_\_ Interprets facial expressions and emotional affect, e.g., feelings and expressions of others.
- \_\_ Can predict emotions of others.
- \_\_ Can predict the behavior of others.
- \_\_ Understands the goals and desires of others.
- \_\_ Can understand lies, sarcasm, or figurative language, e.g., using language in a more complex way, not as black and white.
- \_\_ Comprehends deception.
- \_\_ Understands the awareness of what you or another intend.
- \_\_ Is flexible in pretend play.
- \_\_ Can pretend to be someone else.
- \_\_ Pays attention and is curious about others.
- \_\_ Can confront others without anger and blame.
- \_\_ Has rules for their own behavior and that of others.
- \_\_ Knows how far to stand away from someone when speaking to them.
- \_\_ Has empathy when someone is hurt once the situation is explained to them.
- \_\_ Pays attention to and understands facial expressions.
- \_\_ Pays attention to and understands body language in self and others.

- \_\_Acts in the interest of others.
- \_\_Knows that people act according to the things they want.
- \_\_Knows that others have different likes and dislikes.
- \_\_Is able to have a reciprocal (back and forth) conversation.
- \_\_Recognizes social cues to wrap up or end a story in a conversation.

### **Education**

- \_\_Understands characters' perspectives in stories.
- \_\_Can participate in or understand imaginative play.
- \_\_Knows when they need more information about a subject.
- \_\_Realizes when is appropriate to not know something and that it is normal to ask questions or get help.
- \_\_Understands why they should have to do homework.
- \_\_Knows the long-term importance of grades.
- \_\_Knows the importance of school and education.
- \_\_Knows why their teachers should be treated differently than their peers.

### **Employment**

- \_\_Understands the need for manners.
- \_\_Dresses appropriately for job interviews.
- \_\_Understands the perspective and role of the job interviewer.
- \_\_Can comprehend expectations.
- \_\_Understands why it is important to know about the company when applying for a job.
- \_\_Is able to know if they have the skills needed for a job.
- \_\_Recognizes and fits into the workplace culture.
- \_\_Knows how to handle the impact of social deficits at work.
- \_\_Works well with others.
- \_\_Understands the social hierarchy at work.
- \_\_Knows how to recognize and participate in a formal relationship.
- \_\_Knows how to recognize and participate in an informal relationship.

\_\_Recognizes that one should speak differently to people based on the kind of relationship they share.

### **Screen for Associated Disorders**

Executive Dysfunction  
Social Communication Disorder (pragmatics)  
Attention Deficit Hyperactive Disorder  
Autism Spectrum Disorder  
Obsessive-Compulsive Disorder  
Anxiety Disorders  
Tic Disorders  
Mood Disorders  
Nonverbal Learning Disability  
Sensory-Visual-Perceptual Deficits  
Language Disorders

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