

Reading Your Mind

Thomas A. Price, Ph.D.

There are probably many of us who have been asked to make a choice between television and books. The decision is often made for us by our parents, teachers, or friends. But what if we want to make our own choice? What if we want to know what we are really thinking and feeling about this issue?

One way to do this is to use a technique called "reading your mind." This is a simple process that allows you to explore your own thoughts and feelings about a particular topic. It is often used in therapy and research to help people understand their own minds better.

When reading and watching television, we often feel a sense of being transported to another world. The stories and images are so vivid that we can easily become absorbed in them. But what happens when we stop watching and start thinking? Do our thoughts about the television program differ from our thoughts about the book we are reading?

One of the main reasons for this is that television is a visual medium, while books are a textual medium. This difference in format can lead to different ways of thinking and feeling about the same material. For example, a television program might show a character's actions in a way that is more dramatic or more relatable than a book could.

On the other hand, books allow us to use our imagination to create our own mental images of the characters and events. This can lead to a more personal and deeper understanding of the material. It also allows us to control the pace of the story and to go back and forth between different parts of the text as we see fit.

So, how do we decide which medium is best for us? The answer is that it depends on the individual. Some people may prefer the visual and auditory stimulation of television, while others may prefer the quiet and focused environment of reading. The key is to be honest with ourselves about our own preferences and to choose the medium that works best for us.

Ultimately, the decision between television and books is a personal one. It is up to each of us to decide what we want to read and watch, and to explore our own thoughts and feelings about it. By using techniques like "reading your mind," we can gain a better understanding of ourselves and make more informed choices about our media consumption.

