Have you ever wished that you could read someone’s mind? Maybe your significant other is acting strange and you can’t put your finger on it but you know something is up. Or is it best to be left in the dark about somethings because knowing too much could do more harm than good? If you ask Kat, the less you know, the better.

Kat is unique and has the ability to read minds. She received this gift (or curse) on her 18th birthday. She doesn’t know how she got it, all she knows is that when she blew out her candles she could hear judgmental voices in her head. “Did she really just spit on cake as she was blowing her candle out?” “Kat just made the weirdest face trying to blow those candles out” “I wonder what kind of cake it is” “I think she’s unhappy because she wishes her boyfriend could be here”. She looked around in awe but did not say anything. Was she really hearing everyone’s thoughts or was she going crazy? Searching for answers she looks at her mother and asked her, “What are you thinking right now?” Her mother replies back, “That you made the weirdest face trying to blow out all 18 candles.”

That was just the start of it, imagine hearing everyone’s thoughts about you. Completely uncensored and unfiltered, the good and the bad. Would that drive you mad? In Kat’s case, it did just that. She knew what people were saying about her, that she had gained some weight. But she couldn’t help it, cheer season was over and she wasn’t working out as much anymore. She thought she gained a little bit of weight but it was apparent that everyone knew she gained weight, and in their eyes it wasn’t just a little. She heard every hurtful criticism people were thinking and it drove her mad. She eventually stopped eating in public and only ate in the privacy of her own room in front of a mirror where she could monitor how much she ate. When she started losing weight she heard all the positive feedback and it encouraged her to keep it up. She then started to eat and