A common technique in research on mind wandering is to periodically ask subjects to self report their mental state: Were they on task or were they mind wandering? It is commonly assumed that such reports are valid because they often predict performance: For example, text memory is generally worse when readers say they were mind wandering. However, this relationship doesn’t imply that self reports are perfectly valid; it is still entirely possible that any given variable affects self report and not mind wandering or vice versa. In order to further understand the relationship between self reports and mind wandering, I will describe how text memory is related to self reports across manipulations of text interest, reading interruptions, and visual distractions. I argue that mental state reports are best understood as an indirect inference rather than as a direct, metacognitive index.