

#11 — THE OVERTHINKING BREAKER

Five questions to stop the spiral and get back to clarity.

Overthinking happens when your mind tries to outrun a feeling, a truth, or a decision you don't want to face.

This guide brings you back to solid ground — quickly.

Use it when you're looping, spiraling, replaying, predicting, or mentally exhausting yourself.

1. What problem am I trying to solve... and is it even mine?

Half of overthinking is carrying things that don't belong to you.

Put down what isn't yours.

Your thoughts: _____

2. Am I gathering clarity... or delaying action?

Clarity feels like readiness.

Overthinking feels like stalling.

Your thoughts: _____

3. What emotion am I avoiding by staying in my head?

The mind spirals when your future self wants you to pay attention.

Name the feeling.

The spiral loosens.

Your thoughts: _____

4. What do I actually know — not fear, not assume, not imagine?

Facts are quiet.

Fear is loud.

Separate them.

Your thoughts: _____

5. If I had to make a choice right now, what would I choose?

Your first instinct is usually your clearest one.

The rest is noise.

Your thoughts: _____

FINAL REMINDER:

You don't need more thinking.

You need a moment of honesty.

Overthinking ends the second truth begins.