

S U P A R N A S E N G U P T A

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THE CALM MIND BLUEPRINT

BREAK THE LOOP: A THERAPEUTIC GUIDE
TO STOP OVERTHINKING



THIS TOOLKIT IS DESIGNED TO HELP YOU RELAX YOUR MIND, BREAK FREE FROM MENTAL LOOPS, AND RECONNECT WITH CLARITY, CALM, AND EMOTIONAL BALANCE, ONE GENTLE STEP AT A TIME.

Section 1: Awareness – Recognising the Overthinking Pattern

1. Where Does Your Mind Spiral?

Write down situations where you tend to overthink.

(Examples: Conversations, decisions, future plans, mistakes, comparisons, uncertainty)

- The moments I overthink the most are:

2. What Does Your Overthinking Sound Like?

(Identify the common thoughts or fears)

- My repetitive thoughts are:

- These thoughts usually make me feel:

Section 2: Clarity – Separating Facts from Fear

3. Examine one thought you overthink
Overthinking ThoughtIs it a FACT or a FEAR?

- Evidence FOR:

- Evidence AGAINST:

- Reflection:

What do you learn when you separate facts from fears?

Section 3: Present Moment Reset

4. Shift from “What If?” to “What Is?”
Write down your current real situation (NOT imagined).

- What is happening right now?

- What do I actually know for sure?

Section 4: Control – Bringing the Mind Back to Your Power

5. The 3-Step Clarity Method

- (a) What’s the real problem here?

- (b) What can I control in this situation?

- (c) What small action can I take right now?

Section 5: Action – Replacing the Loop with Movement

6. Immediate Action Breaker

Write one tiny step you can do today to break the mental loop.

- My action for today is:

7. Pattern Interrupt Ideas

- Choose a few of these:
 - ☐ Drink water
 - ☐ Go for a 2-minute walk
 - ☐ Change your environment
 - ☐ Stretch
 - ☐ Grounding breathing
 - ☐ Talk to someone
 - ☐ Write it down

Section 6: Reframing – Turning Harsh Thoughts into Kind Ones

8. Rewrite the Thought with Self-Compassion

- Original stressful thought:

- Gentle, compassionate version:

Section 7: Letting Go – Decluttering the Mind

9. What Can I Let Go of Today?

(Unnecessary worries, assumptions, perfection, imagined outcomes)

- I choose to let go of:

Section 8: Closing Reflection

10. One Sentence Summary

Write a powerful reminder for yourself:

- “Today, I choose to...”
