



Mindfulness vs. Over-Identification Mini-Guide

A visual and reflective guide to help notice when you're observing vs. fusing with thoughts or feelings.

Mindfulness	Over-Identification
"I notice I'm having this thought."	"This thought is true and says something about me."
Creates space between you and your experience	You become the experience—no separation
Feels like watching clouds pass	Feels like getting caught in a storm
Gentle curiosity	Harsh self-judgment
Rooted in the present moment	Stuck in the past or projecting into the future
Allows for flexibility and compassion	Feeds rumination and anxiety

Quick Check-In:

- 🧭 Am I observing my thoughts or being controlled by them?
- 💭 Can I name this as a story my brain is telling?
- 📣 If this were a headline, what would it say?
- 🤝 Would I speak to a friend the way I'm speaking to myself?

