

Overthinking

self test

Read the questions, mark each that applies to you. Count your marks and note where you sit on the overthinking scale. Remember everyone experiences moments of overthinking, but if you consistently score high on this scale, seeking support from a mental health professional to address underlying issues may be helpful.

1. Do you often find yourself replaying conversations or events in your mind?
2. Are you prone to imagining worst-case scenarios in various situations?
3. Do you have difficulty making decisions due to constant over analysis?
4. Do you frequently worry about what others think of you?
5. Do you find it challenging to relax and often feel anxious or restless?
6. Are you constantly second-guessing yourself or your choices?
7. Do you have trouble letting go of past mistakes or failures?
8. Do you often lose sleep due to racing thoughts or worries?
9. Do you feel overwhelmed by the number of thoughts running through your mind?
10. Do you spend a lot of time mulling over the past or worrying about the future?
11. Do you have a hard time focusing on the present moment due to excessive rumination?
12. Are you overly critical of yourself or your actions?
13. Do you feel like your overthinking interferes with your relationships?
14. Do you tend to dwell on negative emotions or experiences?
15. Do you frequently seek reassurance from others to calm your anxious thoughts?
16. Do you engage in mental rehearsals of upcoming events or conversations?



1: Minimal overthinking - Rarely spends time dwelling on thoughts

2-3: Occasional overthinking - Sometimes gets caught up in overanalyzing situations but can move past it relatively quickly.

4-5: Moderate overthinking - Tends to overthink certain situations, leading to indecisiveness or anxiety, but can function effectively.

6-7: Frequent overthinking—People often find themselves caught in cycles of overthinking, which can interfere with decision-making and increase stress levels.

8-9: Severe overthinking - Overthinks almost every situation, struggles to make decisions, and experiences high levels of anxiety and self-doubt regularly.

10: Extreme overthinking - Overthinking is a dominant and debilitating factor in daily life, causing significant distress, procrastination, and impaired functioning.