Clarity Quickstart

Stop Overthinking in 3 Minutes

Use daily for 7 days · Track: ___ / 7 days completed · Notice your mental freedom grow

01 Name It: Identify the Pattern

30 SECONDS

What pattern is active right now?

- Worrying: future "what if" loops
- Rumination: past replay and self-criticism
- Overanalyzing: endless planning without action

"I'm noticing ___ (name the pattern). This is just a thought, not a fact."

02 Check It: Decide What This Needs

60 SECONDS

Can I take action on this today?

Yes: write one clear next step below.

No: set it aside for a specific time, rather than letting it run in the background indefinitely.

Next step: _____

Quick grounder: name 3 things you see, 2 things you feel, 1 thing you hear.

03 Act or Release: Move or Let Go

60 SECONDS

If solvable, set a time limit and do the smallest version of that step right now, rather than researching or refining further.

If not: "I'll handle this when I can. Right now, I choose ___ (one value-based action)."

> *You do not need certainty to move forward. You need one small, values-based step and the trust that you are more resilient than your anxious mind believes.*

Go deeper with When Your Brain Won't Clock Out: *seven evidence-based strategies for overthinking, available at hd-counseling.com/resources.*