

Clarity Quickstart

Stop Overthinking in 3 Minutes

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Tailored therapy for high-achieving women navigating anxiety, stress, and leadership pressure.

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.