

THE OVERTHINKING RESET

When your brain won't let something go.

Overthinking can feel like problem-solving, but sometimes we're just going in circles.

FIRST CATCH THE LOOP

What am I trying to figure out?

Am I...

- ☐ Replaying something
- ☐ Predicting what might happen
- ☐ Trying to figure out what someone meant
- ☐ Looking for reassurance
- ☐ Trying to make the "perfect" decision
- ☐ Stuck in "what if?"

NOW LET'S SEPARATE FACT FROM STORY

WHAT I KNOW

The facts I actually have.

WHAT MY MIND IS ADDING

Assumptions, predictions, fears, or what-ifs.

Is there something useful I can do about this right now?

YES

Take one small action.

NO

Give yourself permission to leave it unanswered.

AND FINALLY RETURN TO NOW

Put down the phone. Unclench your jaw. Drop your shoulders. Take one slow breath.

What needs my attention in my actual life right now?

Choose one thing—and return to it.

REMEMBER

A thought isn't a fact.

Uncertainty isn't an emergency.

You don't have to solve every possibility before moving forward.