

HOW TO STOP OVEREXPLAINING

Catch Yourself

Start by learning to recognize overexplaining when it happens – this is the first step and beginning to notice is a positive step. For many people, this has become so second nature, it can be easy not to realize when they are doing it.

Be Mindful About It

Just start with acknowledging that you are overexplaining. Try doing this in a neutral way, as you would observe, “I see a blue car.” Observe, “I notice I’m overexplaining”- no judgment or shame, just observing.

Notice Triggers

- When does overexplaining happen?
- Is it around a certain person or certain people?
- Do you feel that others need to agree with your explanations or reasonings to be valid?
- Do you feel concerned about judgment?
- Do you feel like others aren’t listening?
- Don’t judge or evaluate your triggers- they aren’t good or bad, they are information.

Trust Yourself and Your Values

- Your beliefs and opinions are valid even if they differ from someone else’s.
- You have a right to express or honour your needs and values.
- Your choices or beliefs are valid without explanation.

Set Boundaries When Needed

If you find yourself overexplaining, it may be that the other person is not coming from a place of wanting to understand. It may be more helpful to use shorter responses and even repeat them if necessary (the Broken Record technique)

Examples:

- I understand your perspective, but I disagree.
- I see your point of view, but I can’t relate to that because I have a different perspective.
- I hear what you’re saying but I’m not comfortable discussing this further right now.
- I don’t think we’re making much progress with this topic- could we talk about something else?
- I think we have different views on this and that’s okay- let’s agree to disagree.