

Name the loop

Overthinking often tries to create certainty or prevent mistakes. Fighting it can make it louder. Write the repeating thought exactly as it appears.

My mind keeps saying...

What is this thought trying to protect me from?

Is this a problem I can act on now, a future possibility, or something outside my control?

Create a little distance

Add the words: "I am noticing the thought that..."

Evidence that supports the thought...

Evidence that does not support it...

What would I say to someone I care about in this situation?

A more balanced sentence is...

Choose what happens next

If action is possible: my smallest next step is...

If action is not possible: I will park this thought until ___ and return to...

A 10-minute absorbing activity I can use...

Someone I can reality-check with...

Today, "good enough" will look like...
