

# Overthinking Reflection

## **A moment I caught myself overthinking was...**

Briefly describe what triggered your spiral—was it a comment, a decision, a task, or just a random thought that wouldn't stop?

## **What was my mind telling me in that moment?**

Write down the thoughts or “worry loops” that came up. Were you trying to problem-solve something, fearing judgment, or replaying the past?

## **Is this something I need to act on, or can I let it go?**

If action is needed: what's one small step I can take?

If I can let this go for now: what helps me shift focus - journaling, breathwork, moving?

## **A reminder I can return to next time is...**

Complete this grounding phrase:

“My brain is busy because \_\_\_\_\_, but I don't need to fix everything right now.”