



OVERTHINKING LOOP BREAKER

Slow the mind. Interrupt the spiral. Return to clarity.

Overthinking thrives on speed and repetition. This worksheet helps you slow the loop, challenge distortions, and create grounded, truthful statements that calm your mind. bit of body text

Write the Main Overthinking Thought

What is the one thought that keeps looping?

What feeling or fear sits underneath this thought?

GROUNDING REMINDERS FOR WHEN MY MIND SPIRALS

- I can pause before I react.
- Not every thought is a truth.
- My mind is trying to protect me, not harm me.
- I can return to the present moment anytime.

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Break It Down

Answer each question:

What am I afraid might happen?

What evidence supports this fear?

What evidence goes against it?

Is this a prediction, assumption, or imagination?

If this happened to a friend, what would I tell them?

CLARITY POINTS TO REMEMBER

- Not every thought is a fact.
- My brain fills in the blanks — not always accurately.
- Fear predicts, truth grounds.
- Pausing creates space for clarity.



IDENTIFY THE THOUGHT PATTERN

Choose any distortions that apply:

These are common thinking patterns that can amplify anxiety. Becoming aware of them is the first step toward clarity.

Catastrophizing

All or nothing thinking

Mind reading

Fortune telling

Emotional reasoning

Overgeneralizing

Personalizing

Should statements

Magnifying

Minimizing

Reflection

What did you learn about your thinking pattern today? Write any insights or observations that feel important to remember.



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Correct the Loop

Often, overthinking brings more than one version of the same fear. Use each space to gently guide your mind toward clarity, again and again.

Prompt:

The more grounded version of this thought is...

The more grounded version of this thought is...

The more grounded version of this thought is...

CALM STATEMENT

Select one grounded truth from above that feels like a steadying force. Write it here so you can come back to it when the loop appears again.

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Create a calm statement

Calm statements do NOT deny reality — they anchor you in the present.

Examples:

“I can handle this moment.”

“I don’t need to solve everything right now.”

“This is a fear, not a fact.” Write yours here:

AN ANCHOR TO CARRY FORWARD

Choose the calm, steady thought that helps your mind soften. Let this be the truth you return to when the loop begins again.



RE-CENTERING ACTION

Choose one small calming action:

4-6-4 breath

Physiological sigh

Stretching

Go outside for 1 minute

Place one hand on chest, one on stomach

Drink water slowly

Other:

WHEN THIS LOOP APPEARS AGAIN, I WILL...