Overthinking

I hope you enjoyed today’s video and the exercises below can be very helpful to do when working through and healing overthinking.

***Fear Exercise***

|  |  |  |
| --- | --- | --- |
| Fear | What do I think will happen if this fear comes true? | What would I do / what action what I take if this fear occurs? |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

***Rationalising***

|  |  |  |
| --- | --- | --- |
| What thoughts am I having right now or have repeatedly that are making me feel fearful, in panic or anxious? | Do I believe the thought? | If yes, how can I work through dealing with this?If no, how can I detach from the thought? |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Free writing – take a few moments to think about the statement below and just write out all your thoughts and feelings…don’t limit or judge yourself.

I overthink because…..

I know I could reduce my overthinking by……

I find it hard to put these things into practice because……

The steps I will take to help me reduce my overthinking will be……