A PAUSE, A PRACTICE, A NEXT STEP

Overthinking

When every choice opens another question.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Identify the kind of question

Ask whether this is a practical decision, a future worry, or a review of something already finished. Each may need a different response.

01 / Notice and reflect

What decision or worry is taking my attention?

02 / Notice and reflect

What information is actually needed?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek support if overthinking regularly prevents decisions, disrupts sleep, or keeps you seeking reassurance without relief. A clinician can help identify anxiety, depression, OCD, or other factors.

Read more: American Psychiatric Association · Breaking the cycle of rumination

More tools and immediate support: Our Healing Room / Crisis Support.