



Overthinking Reflection Worksheet

A 10-Minute Reflection Exercise

Overthinking often comes from a mind that is trying to anticipate outcomes, prevent mistakes, or protect you from uncertainty.

These prompts are designed to help you **observe your thinking patterns with curiosity rather than judgment**.

Take a few minutes to reflect on the questions below.

Part 1: Understanding Your Overthinking

1. How has my overthinking actually helped me?

In what ways has it made me more thoughtful, prepared, observant, or aware?

2. How has my overthinking hurt or limited me?

Think about stress, missed opportunities, decision paralysis, or difficulty being present. Did you skip a work event, decline a social invitation, rely on someone else to make a tough decision?

Part 2: Your Patterns

3. What situations tend to activate my overthinking the most?

Examples might include: uncertainty, social interactions, work events, waiting for responses, responding to texts, conflict, or making important decisions.

4. What question does my mind keep trying to answer when I overthink? How would I answer that question?

Did I say the wrong thing? Did I make the wrong decision? What if they don't like me?

5. What I overthink situations in my mind, what am I hoping to gain and why?

Reassurance because I was never given reassurance growing up? Certainty because I don't feel equipped to handle the emotions that come with the unknown? Avoiding rejection because feelings of shame remind me of my past?

Part 3: What Have You Tried Before?

6. What have I tried in the past to stop my overthinking?

Distracting myself, telling myself to "just stop thinking about it", seeking reassurance from others, avoiding certain situations

7. Did those strategies help in the long-term? Why or why not?

Part 4: Decision Loops

8. What is one decision I'm currently overthinking and why?

9. What would the "good enough" choice look like (not the perfect choice) and if things don't go the way I hope, do I trust myself to handle it? Why or why not?

Part 5: Perfectionism & Self-Compassion

10. When I'm overthinking, am I trying to make the perfect decision? What would it look like to respond to myself with self-compassion, the way I would talk to a friend, instead of perfectionism in this moment?

Final Reflection

Overthinking often comes from a desire to avoid mistakes, uncertainty, or regret. It becomes a habit that feels protective short term, but fuels anxiety long term.

The good news is that **habits can change**.

The goal isn't to eliminate thinking entirely or to control every thought that shows up. Instead, it can be helpful to practice noticing when your mind is trying to solve a problem that may or may not have the perfect answer. It can also help to notice when overthinking shows up as a way to avoid a difficult emotion or experience, such as rejection, disappointment, or uncertainty.

The first step is building this awareness, noticing when overthinking shows up, and becoming curious about where it may stem from. Sometimes the most helpful step is learning how to trust that you can handle whatever comes next without overthinking.

If you find that overthinking is impacting your daily life, working with a therapist can help you better understand these patterns and develop new ways of responding to them.

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