

Overthinking Reflection Worksheet

Overthinking often feels like mental movement, but it can leave us feeling stuck. This worksheet helps you step back from repetitive thoughts and explore what they may be pointing toward.

1. Identify the Thought Loop

What thought keeps repeating in your mind right now?

When does this thought tend to appear (time, situation, emotion)?

2. What Is This Thought Trying to Protect?

If this overthinking was trying to protect you from something, what might that be?

What fear or uncertainty sits beneath this thought?

3. Meaning and Direction

What does this situation matter to you? What value or need is being touched?

What small, grounded action could help you move forward instead of staying in the loop?