A FREE REFLECTION GUIDE

Anxiety & Overthinking

A gentle worksheet to help you notice a thought spiral, reconnect with the present, and choose a helpful next step.

1. Notice what is happening

Pause for a moment and describe the situation without judging yourself.

■ What happened or what am I anticipating?

■ What thoughts keep repeating?

■ What feelings or body sensations am I noticing?

2. Separate facts from fears

You do not need to force a positive thought. Just make room for a more balanced view.

■ What do I know for sure right now?

■ What am I assuming, predicting, or filling in?

■ What is another possible explanation?

3. Come back to the present

Choose one small grounding action before trying to solve the whole problem.

■ Take three slow breaths and relax your shoulders.

■ Name three things you can see, two things you can feel, and one thing you can hear.

■ Ask: What actually needs my attention in this moment?

4. Choose a next step

Aim for a helpful step, not perfect certainty.

■ Is there one practical action I can take?

■ If not, what can I set aside for now?

■ What would I say to someone I care about in this situation?

■ My next small step is…

A gentle reminder
You do not have to solve everything at once. Choose one small, supportive next step that feels realistic for you today.

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For educational and reflective purposes only. This worksheet is not a substitute for individualized mental health care.