

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Overthinking Breaker Sheet

## Pause, Breathe, Reset

Use this worksheet to pause a cycle of overthinking, assess your thoughts objectively, and find a calm center.

### What's on My Mind?

What specific situation or worry are you overthinking right now?

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.....

.....

.....



I've written everything out

## Thought Awareness Check

### How intense is this thought?

(1 = Mild, 10 = Overwhelming)

1	2	3	4	5	6	7	8	9	10
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### Check all that apply:

- Racing thoughts
- Worst-case thinking
- Overanalyzing details
- Fear of judgment

## Is This Thought Helpful?

### Is this useful?

- This thought helps me solve a problem.
- This thought motivates me to act.

### Is this anxiety?

- This thought is repetitive.
- This thought makes me feel stuck.

### How does this thought make me feel?

## Reality Check

Look at the situation objectively. Like a detective, look for the facts.

Evidence FOR this thought	Evidence AGAINST this thought

I looked at this objectively

## Perspective Shift

Visualize the different outcomes.

Worst Case	Best Case	Most Realistic



Does the realistic outcome feel more manageable?  Yes  No

## Control vs. Release

What I CAN Control	What I CANNOT Control
<input type="checkbox"/> my actions <input type="checkbox"/> my words <input type="checkbox"/> my breath Other:	<input type="checkbox"/> the past <input type="checkbox"/> the future <input type="checkbox"/> other people's opinions Other:

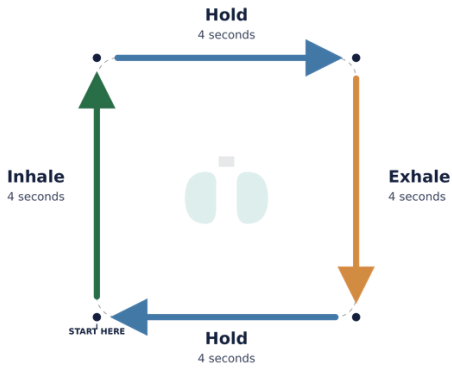
## What is one thing I can let go of right now?

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## Calm Reset



### Quick Action Reset Checklist:

- Take 3 deep breaths
- Drink a glass of water
- Step away for 5 minutes
- Talk to a friend or support person
- Move my body / Stretch

 **Positive Reframe:**  
 Instead of the anxious thought, write one kinder or more balanced thought below.

- I completed 3 breathing cycles

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## Mood Shift Tracker


Rate your mental state from 1 (Stressed) to 5 (Calm).

**Before this sheet:**

1 - 2 - 3 - 4 - 5

**After this sheet:**

1 - 2 - 3 - 4 - 5

 **Affirmation:** I am safe. I am in control. This feeling will pass. I choose to move forward.