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love. Louise x

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## ~ SHRINKING OVERTHINKING ~ Worksheet 1 - July 2024

Hey lady. This worksheet will help you to start the process of shrinking your overthinking by getting things down in black and white. Just let the words tumble out, no need to judge or edit (or overthink! ;)). It's all good information for you to start uncovering your patterns so trust the process and start in any order:

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What 5 topics or situations do you find yourself overthinking about a lot?

- 1.
- 2.
- 3.
- 4.
- 5.

*(If you want to continue this list there is extra space to do so at the end of this worksheet, it's good to get them all out of your head!).*

Which is the most repetitive of these?

How long has it been going round in your head?

How does it make you feel?

When is the worst for your overthinking?

What do you do to try and cope with it? This might be something positive you do like go for a walk or it might be something less optimal like drinking 4 glasses of wine. No judgement either way, just objectively look at your default coping strategies when you are overthinking:

How long has overthinking been a problem for you?

Stop. Pause. Can you remember a time when you were experiencing life and NOT trapped in over-thinking? When did you feel present and peaceful? How old were you? What was happening?

Where were you? Who else was there? What were you doing? What were you thinking?

Answer this with as much detail as you can.

Has your overthinking ever helped you? Can you think of a time where it has benefited you?

Is there anything else coming up for you in terms of your habit of overthinking? Jot down any insights that are coming up for you:

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*Well done! I know this may have been tricky to look at your patterns head on, but it's important to bring some of what we do unconsciously to our awareness as it's the first step in effective and lasting change.*

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YOUR NOTES:

Did you have more repetitive overthinking topics you wanted to list down? They are better on paper than in your head, so go ahead here: