

The Overthinking Loop: A Worksheet

A simple worksheet to interrupt rumination and worry, and find one real next step. For everyday use.

Overthinking feels like problem solving, but it loops without an answer and drains you. It usually takes two forms: rumination churns over the past, and worry rehearses the future. Use this page when your mind is stuck. Writing slows the loop and shows you the next real step.

1. What set it off? (the trigger, in a few words)

2. What is the thought on repeat?

3. Is this a problem I can act on right now? (circle) YES NO

4. If YES, the one small next step I can take is:

5. If NO, what will help me set it down? (a set worry time, a grounding skill, doing the next ordinary thing)

6. What would I say to a friend who had this exact thought?

When thinking stops helping, the skill is stepping out of the loop, not thinking harder. If overthinking runs your days or fuels anxiety or low mood, a licensed clinician can help.

Learn more: [Overthinking at shrinkdaily.com/concept/overthinking](https://shrinkdaily.com/concept/overthinking)