Your Overthinking Reset

Start with curiosity, not criticism. Write only what feels useful.

A gentle reminder

Thinking deeply can help. Repetition without progress can be exhausting.

1. What memory, worry, or question keeps returning?

2. What started this thought today?

3. What sensations do I notice in my body?

4. What explanation, outcome, or reassurance do I want?

Notice the pattern

Past memory / Future worry / Unfinished problem / Unsure

The BBH R.E.A.L. Reset

Use this four-part check when a thought keeps looping.

R — RECOGNIZE

Which thought am I repeating?

E — EXAMINE

What facts, choices, and possible actions do I have?

A — ACKNOWLEDGE

What remains uncertain or beyond my control?

L — LEAD

What supportive next step can I take today?

This is a reflection tool, not a mental health diagnosis.

What Is Within My Control?

You can support yourself without carrying every person's responsibility.

WHAT I CAN INFLUENCE	WHAT I CANNOT GUARANTEE
My actions and boundaries	Another person's choices
Asking for appropriate support	Whether someone cooperates
My next practical step	Changing events from the past
Taking reasonable precautions	A particular outcome

What part of this situation needs practical action?

What can I acknowledge without blaming myself?

Acceptance does not mean approval.

Keep appropriate safety, boundaries, support, and practical remedies.

Your 7-Day Thought Tracker

Track patterns gently. A blank entry is fine; consistency matters more than perfection.

Day	Trigger / thought	Response I tried	Next helpful action
1			
2			
3			
4			
5			
6			
7			

Weekly reflection

Which practice helped me respond more thoughtfully?

Your Supportive Next Step

A practical closing page you can revisit whenever thoughts feel overwhelming.

My most common repeating thought:

One action I can take this week:

One person or service I can ask for support:

One calming practice that feels right for me:

My mind needs support, not punishment.

Not every unanswered question can be solved by thinking more.

Important health guidance

If worry is persistent, intense, or disrupts daily life, seek qualified support.

This worksheet is educational and does not replace professional healthcare.