



OVERTHINKING THOUGHT JOURNAL



MINDFUL PATH COUNSELLING

Overthinking Thought Journal – A Structured Guide

Overthinking can feel like an endless loop, keeping your mind stuck in the same thoughts without getting any closer to clarity. This journal will help you recognise your patterns, understand their impact, and explore ways to respond differently. Take your time with each section - there's no rush, and there are no right or wrong answers.

Section 1: Noticing the Patterns

The first step in breaking free from overthinking is recognising when and how it happens.

- Think about a recent time when your mind felt stuck in overthinking.
- What set it off? (Was it a conversation, a decision, an uncertainty?)
- What kinds of thoughts kept coming up?
- How did these thoughts make you feel? Did they lead you to take any actions, or even stop you from taking action?

Use this space to explore what you notice.

Section 2: Understanding the Impact

Overthinking might feel automatic, but it has real effects on your mood, energy, and daily life.

- When you get caught up in overthinking, how does it affect the way you feel and behave?
- Do you tend to avoid or delay certain things because of it?
- Are there any common themes in what you overthink about?

Write some notes below about how overthinking influences your day-to-day life.

Section 3: Creating Distance from Your Thoughts

Not every thought is a fact. Learning to step back from them can make a huge difference.

- Pick one recurring thought that tends to take up a lot of mental space. Write it down.
- Imagine this thought is just a sentence written on a piece of paper, instead of something that defines you. You could even say the thought out loud in a funny voice. Does this change the way you see it?
- If a friend had this thought, what would you say to them?
- Is there a chance this thought is exaggerated or only telling part of the story?

Use this space to reflect on how you can create a little more distance from your thoughts.

Section 4: Choosing a Different Response

Instead of trying to eliminate overthinking, experiment with responding to it in a new way.

- If this thought comes up again, what's one small thing you could do instead of dwelling on it? (For example, pausing for a mindful breath, shifting your attention, making a small decision.)
- Overthinking is often your mind's way of trying to keep you safe. How can you acknowledge it without letting it take control?
- How can you remind yourself that uncertainty doesn't always need to be solved immediately?

Write about how you'd like to respond to overthinking moving forward.

Final Reflection

Take a moment to reflect on your experience with this journal:

- What did you learn about your overthinking patterns?
- Did anything surprise you?
- How can you use these insights in your everyday life?

This journal isn't about fixing overthinking overnight - it's about building awareness and creating space for new ways of thinking over time.

The more you explore these patterns, the easier it becomes to break free from them.