

Sitting with an Overthinking Mind

A reflection sheet from Episode 11 · From the Therapy Room

This sheet is for reflection and learning. It is education, not therapy. If you are struggling, please reach out to someone you trust or a professional.

Part 1 · Noticing

The last thing my mind kept going back to was:

It was mostly about: ☐ the past ☐ the future ☐ how I'm seen ☐ something I couldn't say

In my body, I noticed it in:

Part 2 · Which angle felt like mine?

Tick any, none or all.

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| ☐ A feeling dressed up as a thought | ☐ A body on alert, searching for a reason |
| ☐ A rule I took on along the way | ☐ A life that is truly uncertain |
| ☐ An audience in my head | ☐ A second arrow |

Part 3 · Questions to sit with

These are questions, not tasks. There is no right answer, and nothing here is advice.

When your mind goes over something again and again, is it looking forward, looking back, or looking for a feeling?

If the thinking is trying to protect you, what might it be afraid would happen if it stopped?

Where in your body do you notice the thinking, and what is that part of you doing while the thoughts run?

Whose voice is in the audience in your head when you replay something? Is it a person, a family, or a whole community?

Which of today's angles felt closest to your life right now: the feeling in disguise, the body on alert, a rule you learned, the circumstances you live in, or the second arrow?

Is there something you are replaying that is really about what you couldn't say?

Part 4 · Ideas people describe as helpful

From the episode. Take what is useful and leave the rest. None of it is advice or a cure.

- Writing down tomorrow's tasks before sleep
- A short, fixed time set aside for worry
- Asking whether it is something you can act on today
- Putting a name to the feeling underneath
- Speaking to yourself the way you would to a friend
- Asking concrete questions instead of "why am I like this?"
- Noticing "I'm having the thought that..."

Part 5 · If you would like to go further

If something here felt like it was speaking to you and you would like to explore it further with support, you are welcome to reach out at **chetnamindfulness.com**. Sessions are held online and are open to clients internationally.

Workshops and courses: chetnamindfulness.com, or email chetnamindfulness@gmail.com

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