

Journal Prompts for When Overthinking Becomes Overwhelming



What situations tend to trigger my
overthinking the most, and why do I
think that is?
(Identify patterns and root causes.)

What do I usually fear will happen
when I can't stop thinking about
something?
(Uncover the underlying worry driving
the mental loop.)

How does overthinking affect my mood,
decisions, and relationships?
(Reflect on the emotional and practical
consequences.)



What do I gain from overthinking?
What might it be helping me avoid?
(Consider the hidden purpose behind it.)

What would happen if I simply let a
thought go without trying to solve or
analyse it?
(Challenge the urge to control every
outcome.)

What is something I've overthought in
the past that ended up working out fine
–or better than expected?
(Remind yourself of the times worry
wasn't needed.)



If my mind had an “off” switch, when would I choose to use it, and why?
(Clarify moments when peace is more important than control.)

What physical sensations or habits do I notice when I’m overthinking? How can I ground myself instead?
(Tune into your body as a path to calm.)

Who in my life helps me quiet my mind? What do they do that helps?
(Identify supportive relationships or behaviours.)



How can I differentiate between helpful reflection and harmful overthinking?
(Learn to set boundaries between clarity and rumination.)

What does my inner voice sound like when I'm overthinking versus when I feel calm and clear?
(Notice the shift in tone and truthfulness.)

What reminder can I return to when I catch myself spiraling mentally?
(Create a personal anchor for calm and clarity.)

