



## THE OVERTHINKING BUSTER WORKSHEET

1. Identify the situation you are overthinking about:

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2. Write down all the thoughts that are going through your mind about this situation:

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3. Evaluate the impact of these thoughts:

- Will it bother you after 1 hour?

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- Will it bother you after 1 day?

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- Will it bother you after 1 week?

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- Will it bother you after 1 month?

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*Development 360 Academy*  
**For Total Self Development**

• WILL IT BOTHER YOU AFTER 1 YEAR?

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4. WRITE DOWN THE WORST-CASE SCENARIO OF THE SITUATION YOU ARE OVERTHINKING ABOUT:

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5. WRITE DOWN THE BEST-CASE SCENARIO OF THE SITUATION YOU ARE OVERTHINKING ABOUT:

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6. WRITE DOWN A MORE REALISTIC SCENARIO OF THE SITUATION YOU ARE OVERTHINKING ABOUT:

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7. WRITE DOWN WHAT IS MOST LIKELY TO HAPPEN IN THIS SITUATION:

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8. WRITE DOWN THE STEPS YOU CAN TAKE TO ADDRESS THE SITUATION:

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## 9. HOW YOU'RE FEELING NOW ?

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## 10. WRITE DOWN A POSITIVE AFFIRMATION OR MANTRA TO REPEAT TO YOURSELF WHEN YOU FIND YOURSELF OVERTHINKING:

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## 11. Write down a list of activities or hobbies that help you feel calm and relaxed when you find yourself overthinking:

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**Remember, overthinking can be exhausting and can impact your mental health. Use this worksheet regularly to help you manage your thoughts and develop healthy ways of coping.**

**Disclaimer: This worksheet can help gain encounter negative thoughts but will you're having serious anxiety, facing serious symptoms contact a healthcare to get your self a proper treatment**