



Journal Prompts to Stop Overthinking



1. What is currently taking up most of my thoughts?
2. Is this something I can control right now?
3. What is the worst-case scenario, and how likely is it really?
4. What would I tell a friend in this situation?
5. What evidence do I have that supports my worry?
6. What evidence do I have against it?
7. What is one small step I can take today?
8. Am I overcomplicating this situation?
9. What am I afraid might happen?
10. What is actually happening right now?
11. What thoughts keep repeating in my mind?
12. How does overthinking make me feel physically and emotionally?
13. What helps me feel calm when I'm overwhelmed?
14. What can I let go of today?
15. What would happen if I stopped thinking about this for a while?
16. What is something positive I can focus on instead?
17. What do I need right now to feel better?
18. What is within my control at this moment?
19. What would "good enough" look like here?
20. What is one kind thing I can say to myself right now?
21. Am I trying to predict something I can't control?
22. What would happen if I trusted myself more?
23. What am I avoiding by overthinking this?
24. What is the simplest way to look at this situation?
25. What would I do if I wasn't overthinking?
26. What has worked out before that I once worried about?
27. What is one decision I can make right now and move on from?
28. What is draining my mental energy the most today?
29. What would letting go feel like right now?
30. What can I do in the next 10 minutes to feel calmer?