

Journal Prompts for Overthinking

These prompts are designed to help turn repetitive thinking into clearer reflection. You do not need to answer every question. Pick one that feels relevant and write without trying to make it perfect.

Separate facts from predictions

1. What do I know for certain about this situation?
2. What am I predicting, assuming or imagining?
3. What evidence supports my fear - and what evidence does not?
4. If I removed the worst-case scenario from the story, what would remain?
5. What information am I missing that I cannot realistically obtain right now?

Find the useful part of the thought

- 6. Is there a decision I actually need to make?
- 7. Is there one practical action available to me today?
- 8. What part of this problem is within my control?
- 9. What part is outside my control?
- 10. Am I trying to solve an emotion with more thinking?

Notice the pattern

- 11. When does this thought loop usually begin?
- 12. What tends to make it louder?
- 13. What do I do when I start overthinking?
- 14. Does that response help for ten minutes but make things harder later?
- 15. What would a kinder response look like?

Create perspective

16. What would I say to someone I care about in the same situation?

17. How important is this likely to feel in one month?

18. What is the most likely outcome - not the best or worst?

19. What have I handled before that tells me I can cope with uncertainty?

20. What would “good enough” look like here?

Close the loop

21. What can I decide now?

22. What needs to be postponed until I have more information?

23. What can I deliberately stop researching or checking?

24. What would help me return to the present moment?

25. What is one small thing I want to do after I close this page?

Important: This resource provides general wellbeing and self-development information. It is not medical advice, diagnosis or treatment, and it is not a substitute for professional or emergency support. If you are concerned about your mental or physical health, contact an appropriately qualified healthcare professional.