



FUNSHEET LET ME OVERTHINK IT

**ABSOLUTELY
WRITE**
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WM
IVM PODCASTS

LET ME OVERTHINK IT

Worrying is vividly imagining all possible failures. It is like creating multiple crisis scenarios in your mind and then colouring them with all possible personal details. Making it so damn real that your body starts preparing for a fight or flight response.

Let's take a moment to identify and acknowledge your worrying patterns.

- Ruminating: Dwelling on the past mistakes or decisions.
 - I shouldn't have said those things at the meeting yesterday. Everyone must think I'm an idiot.
 - I should have stayed in my last relationship. I would be happier than I am now
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- Persistent worrying: Negative predictions about the future.
 - I'm going to embarrass myself tomorrow when I give that presentation.
 - I know I'm going to forget everything I'm supposed to say.
 - Everyone else will get married before me.
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By following hacks you might not be able to stop this overthinking loop right away . However, we can add spokes to this wheel and eventually stop it.

1. Spoke number 1: Evidence

Find out if your imaginary worrying situation has any truth in it before overthinking or overreacting. I am not saying that your worry doesn't have any truth in it, I am just asking you to look at it with a neutral perspective. Neutral is non-judgmental, without any preconceived notions or conclusion. Try and see things for what they are.

Worry	Evidence
1	A. B. C.
2.	A. B. C.
3.	A. B. C.

2. Spoke number 2: You are not the only one.

Pick the brains of those who are ahead of you on this curve. Don't be limited to your close circle to find answers to your problems. Reach out to experts, teachers, role models or even strangers who have gone through similar situations and ask questions. Collecting different perspectives can diffuse the pressure.

List 5 people you can speak with in the next one week:

- 1.
- 2.
- 3.
- 4.
- 5.

3. Spoke number 3 - stop the lift. Your worrying thoughts add to the pace of the downward spiral, making it go down even faster. The very moment you catch yourself doing it- stop.

Can you think of an example where you have done it in the past?

4. Spoke number 4 - Pivot

Any decision can't be permanently wrong or permanently right. If you get this, your choices will not be driven by fears. Pick one situation that you are overthinking about & think of minimum 5 different ways to solve the problem.

For example: If it is about a disharmonious relationship.

1. You can look at your part in that conflict.
2. Look at other person's needs.
3. Learn to communicate better by reading a book, watching expert videos on youtube or consulting a counsellor.
4. You can walk away and restart your life.
5. You can learn to be slightly more independent in next 90 days and then review the situation

Now it's your turn. Stop yourself if you are getting too stuck in your emotions. Ask - What else can I do to find a solution here?

5. Spoke number 5 - Graphotherapy.

For your brains compulsive overthinking is a habitual pattern as you keep practicing it over and over again. Graphotherapy - a specific handwriting formation with coordinated breathing can rewire your brain beyond belief. It may appear very simple but it can have a lasting impact. It's like doodling or zentangle done in a graphologically enhanced manner. Learn this stroke by carefully watching this video: <http://tiny.cc/flowstroke>

It can induce deep calmness, a sense of feeling grounded and relaxed in minutes. Make sure you learn this stroke properly. If you do, then it can be your companion in the moments of panic. Your antidote to your overthinking mind.

We are offering a free anti anxiety journaling workshop as our covid initiative. It's a 21 days carefully designed process by employing graphology, graphotherapy and handwritten script to fight the hidden, deep rooted and crippling fears. You can join this workshop by registering here- www.aditisurana.com/writenow

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Graphotherapy practice of the day -
The flow of thoughts stroke



A series of 25 horizontal grey lines spanning the width of the page, intended for graphotherapy practice.

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