



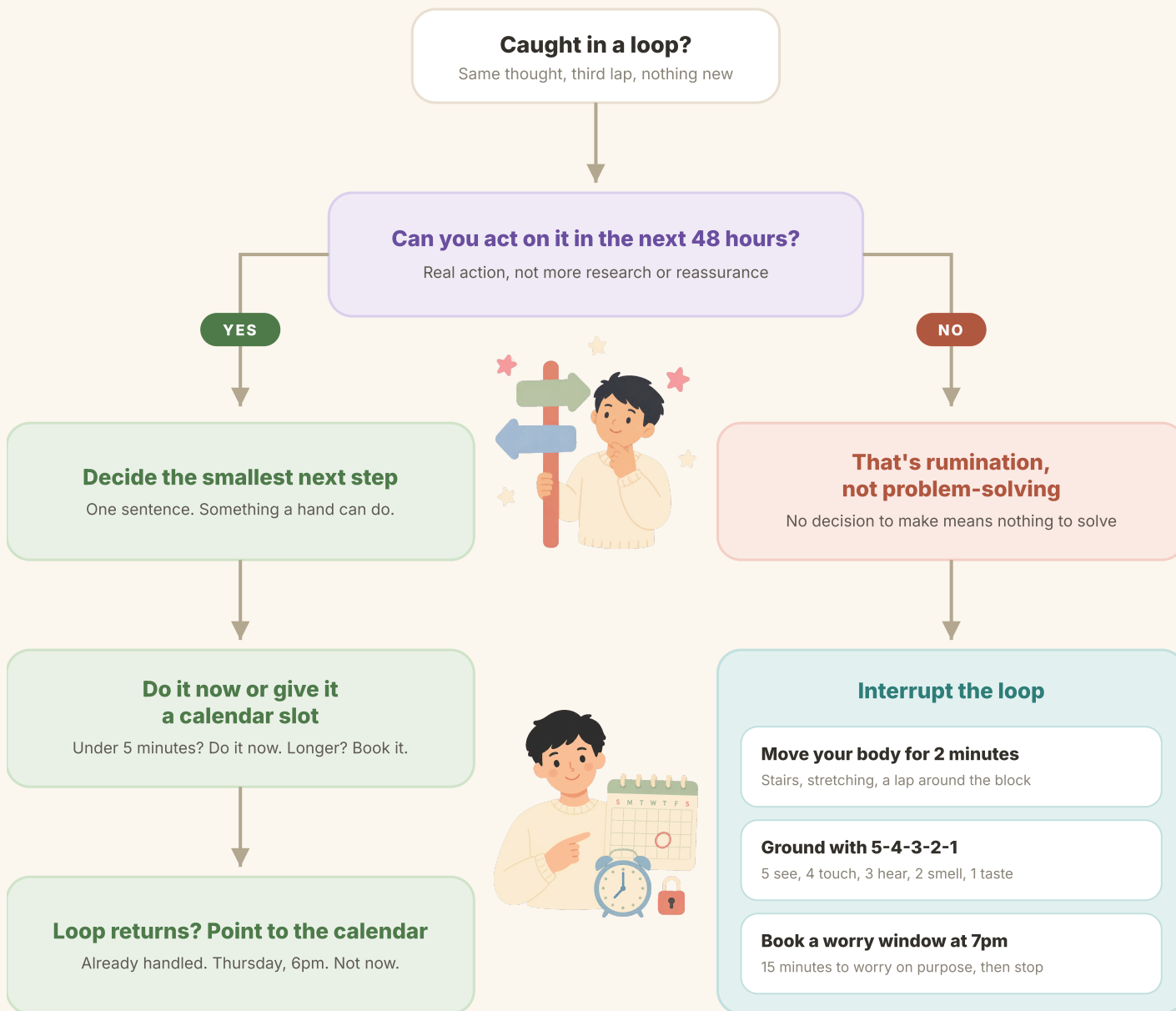
How to Stop *Overthinking*

The same worry on its fifth lap is not analysis, it is a loop. One question splits every loop in two: either the worry earns a next step, or it gets shown the door.

1 CATCH THE LOOP

2 ANSWER ONE QUESTION

3 DO WHAT THE ARROW SAYS



IF YOU KEEP ONE LINE

You do not have to stop the thought. You only have to **stop feeding it another lap** - give it a job, a time slot, or an exit.

REALITY CHECK

Thinking vs solving

Solving moves: it ends with a next step you could hand to a friend.
Overthinking circles: after round two it produces nothing you did not already know. Judge the output, not the effort.

STOP RULE

The 2-round rule

Give any worry two honest passes. If the second pass added nothing new, the twelfth will not either - repetition raises anxiety, not answers. Write down what you have and close the tab.

SLEEP RULE

Night rule

No verdicts after 22:00. A tired brain scores every problem as bigger and every option as worse. If it still matters at breakfast, it gets daylight attention. The 3am brain lies.