

ANXIETY & OVERTHINKING

Journalling to Help You Prepare Before Your Next Session

Overthinking can feel like a mind that never switches off. These reflections help you slow down, notice your patterns and arrive at our next session with clarity.

Set aside 15–20 minutes in a quiet place. Complete each statement in your own words. There are no right or wrong answers, and you may skip anything you are not ready for. Please bring this with you to our next session.

Name: _____

Date: _____

01 The thoughts that visit me most when I am alone or trying to fall asleep are...

02 When I start overthinking, my body tells me first by...

03 A situation this week where my mind jumped to the worst-case scenario was... What actually happened?

04 The “what if...” I keep coming back to is... What would I say to a friend who had the same worry?

05 The things I am trying to control right now are... The things that are truly in my control are...

06 When anxiety shows up, I usually respond by (avoiding, over-planning, seeking reassurance, other)... Does this help me in the long run?

07 A moment this week when I felt calm, even briefly, was... What was different about it?

08 A worry I once had that I ended up coping with better than I expected was...

09 A kinder, more balanced thought I can offer myself when I notice a spiral is...

10 What I would most like to talk about or work on in our next session is...

If anything here feels overwhelming, pause and be gentle with yourself. We can explore it together in session.