# Journaling Template for The Overthinking Antidote

## Chapter \_\_\_

## Date:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 1. Key Takeaway

In one sentence, write the main lesson or insight you gained from this chapter. (No fluff—get straight to it.)

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## 2. Where You Caught Yourself Overthinking

## - Situation:

Describe a specific moment (today, yesterday, or this week) when you noticed yourself overthinking.

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## - Thought Pattern:

What thought(s) were running in your head?

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## - Emotional Reaction:

Which feeling(s) surfaced? (Anxiety, doubt, indecision, etc.)

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## 3. Applying This Chapter’s Strategy

## - Chosen Strategy:

From the chapter, pick one concrete technique or perspective shift you’ll use next time you overthink.

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## - Why It Works for You:

Briefly note why you think this particular strategy will help your mind settle.

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## 4. Action Plan (What You’ll Actually Do)

List 2–3 specific actions you’ll take (today or this week) to put this chapter’s advice into practice.

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## 5. Affirmation or Mantra

Write a short line you can repeat to yourself when overthinking starts to creep in.

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## 6. Reflection Questions

## 1. What assumption did I challenge today?

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## 2. What did I learn about my thinking habits?

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## 3. What small win did I notice (even if I didn’t fully nail it)?

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## 7. Free-Write Space

Use this area to jot down anything else: observations, frustrations, breakthroughs, or ideas sparked by this chapter.

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Repeat this template for each chapter. Over time, you’ll build a record of how your thinking shifts, which strategies stick, and where you may need to circle back and reinforce certain lessons. Keep it honest and keep it simple—no sugar-coating.

