

THE OVERTHINKING CURE



We are beings that are programmed to solve problems. From our earliest beginners we have always tried to solve problems. It's in our body's DNA makeup to be able to do. This system is embedded in our subconscious and is responsible for how far we have progressed in life.

However, it also hurts our progress in life. Our mind manages to find something to think about if it has nothing to do. We do ruminate over issues that aren't even real problems. This book is designed to help you change this style of thinking.

First things first you have to realize this problem is solvable. If I can't get you to agree to this then you are not going to get better.

List all the reasons why you can solve this problem.



Addictive Thinking

Many of you believe that this thinking is helpful. I would like you to write down all the ways it is helpful.

Now write down all the consequences of this type of thinking

Analyze both and make a decision on which one is worst. You are going to find out that it is really not helpful. In fact, you may have noticed you are giving yourself excuses to keep thinking this way.

I would like you to start viewing this type of thinking as addictive and the minute you engage in it you can't stop so you have to swear off of it and start to realize there are other ways of solving problems besides overthinking. Once you become aware of this half the problem is solved.

The next step is recognizing the 3 types of thinking you are engaging in which is Self-criticizer, Worrier, Pessimist. When you begin to engage in this type of thinking I want you to classify each. After you do ask yourself what is the purpose of each pattern of thinking.

Each one can be thought of as a personality that is designed to do something to you. So, I would like you to write down the purpose of each of these thinking patterns or the personality they may have.

Self-Criticizer

Explain to validate the belief I'm not good enough or comparing yourself to others.

1.

2.

3.

Worrier

Explain how it prevents me from taking risk

1.

2.

3.

Pessimist

To not get my expectations high so I don't get hurt.

1.

2.

3.

After you have mastered becoming aware of the different thinking styles you can begin to tackle them.

Become Mindful

The first method is becoming mindful of them. You could sit back and say ah there goes my worrier side. By labeling and distancing the thought from yourself it immediately reduces your anxiety.

Or you can even visualize the thoughts in front of your face and you will start to notice you feel something different instead.

Use humor

Coming up with pre-program funny stories that you can tell yourself whenever you catch yourself worrying is very helpful. For instances it gets your focus off of the problem and instead allows you to focus on something different.

It is important here that I stress how you have to exaggerate the stories that you are creating so that you stretch your mind's ability to concentrate and overload it to the point that it cannot keep the other thought.

Journaling

It is another intervention you can use. Think of it as a kind of like mental math it's difficult to solve certain problems in your head because your brain cannot process all the information at once.

However, if you write them down and then rank order their importance and proceed to write solutions to each problem. You will start to gain some relief. Now fight your mind temptation to tell you it's not going to work because it might just be the pessimist side of you thinking this.

If you would like more information on how to implement this or would like to schedule a free call to discuss how you can eliminate this problem feel free to schedule a discovery session with my team.