

H.L.-Eduroom Presents

3 AM CONFESSIONS

My Life as Overthinker

Disclaimer:-

Only For Overthinker

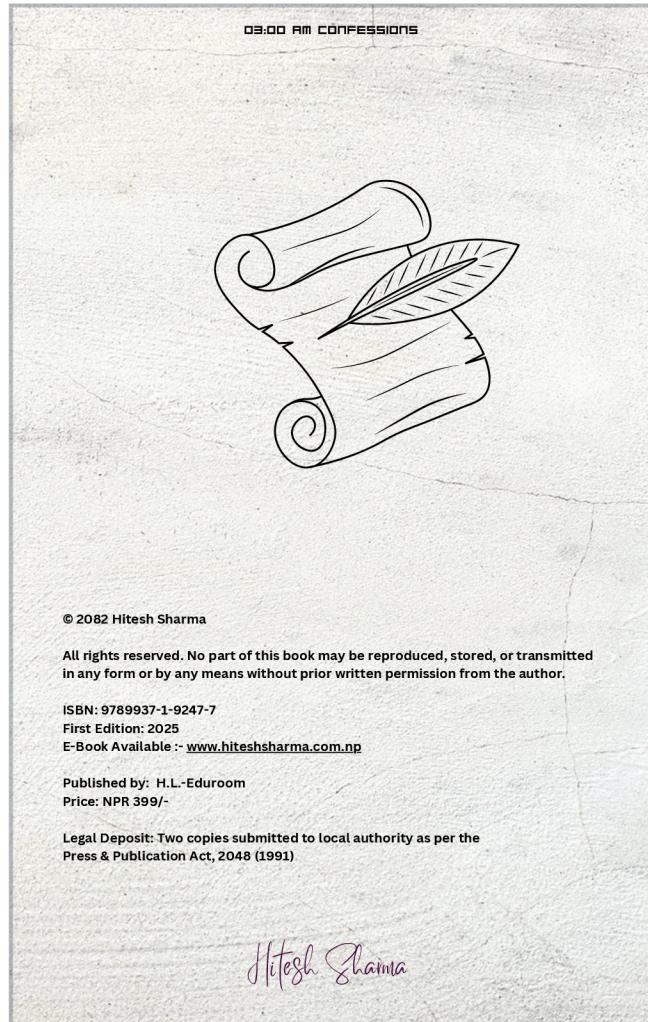
Normal People Can't Understand & Control

By Hitesh Sharma

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Page 1



Dedicated to all the overthinkers who find meaning in
the chaos of their thoughts.



I would like to thank The Moon of Every Nights, my family, Friends, Girlfriend & My Supportive Teachers for their patience, understanding, helping me in overthinking and endless support. Your faith kept me grounded through every 3 AM thought.

Hitesh Shama

Hitesh Shama

Table of contents: Fragments of My Life

1. Midnight Whispers
2. Too Many Thoughts
3. Love That Hurts in Silence
4. People Who Leave Marks
5. Shadows of Yesterday
6. Empty Hands, Heavy Heart
7. Alone, But Not Lonely
8. Am I Invisible to You?
9. The Weight of Could Have Been
10. Smiles That Hide Storms
11. Sleepless Confessions
12. The World Moves On
13. Invisible Wounds
14. Holding On to Nothing
15. The Fragile Heart
16. Questions Without Answers
17. The Silence Between Words
18. Fading Lights by Moon
19. Maybe This Night is last night!
20. The Loneliness of Crowds
21. Learning to Let Go Slowly
22. Pieces of Me Left Behind
23. Tomorrow, Maybe Fine !
24. Who Will Remember Me?
25. Crying Without Sound
26. Do You Want to Hug Me?
27. Do I want to kill myself?
28. Soft Smiles, Heavy Hearts

*Hitesh Ghama*

◆ Before the Silence

I've always wondered why my loudest moments happen in quiet rooms.
Why my heart feels heaviest when the world feels still.
Maybe overthinking isn't a curse — maybe it's just loving too deeply,
feeling too much in a world that moves too fast.

At 3 AM, I don't sleep.
I talk to the ceiling.
I apologize to memories.
I rehearse conversations that will never happen.

If you've ever felt your thoughts spill over like rain —
if you've ever smiled while breaking inside —
then these pages are for you.

They aren't lessons.
They're not advice.
They're just the echoes of someone who stayed up too late
trying to understand why it all hurts so quietly.

— Mitesh Sharma

Mitesh Sharma

