# Why Do I Overthink Everything?

## Six Questions Worth Asking Yourself

### When your mind won't stop turning things over.

Perhaps you replay conversations, revisit decisions or imagine all the different things that might happen. Thinking carefully can be valuable, but sometimes it becomes exhausting.

Before trying to stop yourself from overthinking, take a little time to notice what matters so much to you that your mind keeps returning to it.

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There are no right or wrong answers. You may want to write your answers down, or simply sit with them. There's no timeline. Take your time with each question.

## 1. What might I do next?

When I keep thinking about something, am I trying to work out what to do next?

Perhaps you want to move forward, but keep turning over the choices before you. Think about a decision that has stayed on your mind.

Something to notice: What would help you take one small step, even without knowing exactly how everything will turn out?

**Your thoughts:**

## 2. How might others feel?

Am I worrying about how something I've said or done might affect someone else?

You may replay a conversation because someone's feelings or wellbeing matter to you. Caring is valuable, even when worry makes it tiring.

Something to notice: Is there something kind and useful you can do — or have you already done enough?

**Your thoughts:**

## 3. What is the right thing?

Am I trying to work out what the right thing to do would be?

Perhaps you return to a situation because it doesn't sit comfortably with you. Your wish to act with integrity may be part of what keeps it alive in your thoughts.

Something to notice: What matters most to you here, and what would acting in keeping with that look like?

**Your thoughts:**

## 4. What am I missing?

Do I keep returning to something because I don't fully understand it?

You may revisit details, ask questions or search for an explanation. Wanting clarity can be a strength, even when there isn't enough information to settle everything.

Something to notice: What do you know, and what might you have to leave unanswered for now?

**Your thoughts:**

## 5. What might happen?

Am I thinking through all the different things that might happen?

Perhaps you can see several possibilities at once. That imagination can help you prepare, but it can also make every possibility feel equally urgent.

Something to notice: Which possibility needs your attention now, rather than every possibility at once?

**Your thoughts:**

## 6. What does it mean?

Am I looking for a deeper meaning or truth in what's happened?

Some experiences stay with us because we want to understand what they really mean. You may need time to reflect before something feels settled.

Something to notice: Can you allow meaning to become clearer with time, without asking yourself to find every answer today?

**Your thoughts:**

# What do your answers tell you about you?

Different people think things over for different reasons. Your answers may help you recognise what matters to you beneath the thinking.

There are reasons you respond the way you do. SolePath helps you understand them.

Your SolePath is a three-Path braid that helps you understand the patterns shaping your behaviour, choices, relationships and the way you live.

**Know your SolePath. Then live it.**

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