



Episode 4 Reflection Companion

Overthinking: How to Step Off the Hamster Wheel

This reflection sheet is for personal growth, learning, and self-awareness. It is not professional therapy, medical advice, or treatment. This is for self-reflection only and is not a substitute for professional therapy.

- **Step 1: Spot the Looping Moment**
- Notice a moment when your mind started spinning, replaying, or predicting endlessly.
 - **Trigger / Event:** _____
 - **Where / Who was involved:** _____
 - *Example: "I was lying in bed and kept replaying a comment I made in the meeting."*

- **Step 2: Trace the Thought Spiral**
- Write the first thought that started the loop, then follow the chain of what your mind added.
 - **First Thought:** _____
 - **Spiral / Chain of Follow-Up Thoughts:** _____
 - *Example: "Maybe I sounded awkward → My manager might think I'm careless → My whole project is at risk → Everything is falling apart."*

- **Step 3: Notice the Thought Loop**
- Where is your mind getting stuck? Which habit is keeping the story spinning? Use your own words — no need to label perfectly.
 - Are you assuming the worst will happen, even if there's little evidence?
 - Are you replaying one small moment over and over, letting it take up the whole scene?
 - Are you thinking in extremes — everything perfect or everything ruined?
 - Are you generalizing one slip or awkward moment into "I always mess up"?
 - Or is it something else — a repeated worry, a tension in your chest, a voice that won't let go?
 - *Example: "I kept going over that short reply from my coworker, and suddenly the whole day felt tense, like I couldn't catch a break."*

- **Step 4: Reconnect with the Positive Intention**
- Even overthinking has a reason. Ask yourself: What am I trying to protect or achieve?
 - Safety?
 - Responsibility?
 - Connection?
 - Excellence?
 - Something else? _____
 - *Example: "I care about doing a good job and keeping relationships smooth."*

- **Step 5:** Gentle Perspective Shift
 - Take a moment to consider a new lens on the situation. This is your “step down from the hamster wheel.”
 - What’s actually in your control right now?
 - Could there be another explanation for what happened?
 - How would someone you respect, a philosopher, mentor, or friend, see this differently?

 - Your reflection: _____

 - **Step 6:** Reframe + Anchor
 - Create a small, realistic alternative and attach a simple action.
 - **New Thought / Reframe:** _____
 - **Practical Action / Anchor:** _____
 - *Example: “Maybe I didn’t phrase that perfectly, but I can check in calmly tomorrow.”*
 - *Action: “I’ll write a quick follow-up if needed — not tonight while spinning.”*

 - **Step 7:** Notice the Shift
 - Pay attention to even the smallest changes: tension, worry, clarity, ease.
 - **Before:** _____
 - **After:** _____
 - *Note: Even a small release counts — the mind notices, and over time, habits loosen.*

 - **Step 8:** Three-Step Mini-Loop Breaker
 - When overthinking starts creeping in:
 - **Label the Loop:** “This is overthinking.”
 - **Anchor:** Focus on your breath, a small action, or a grounded reminder.
 - **Release the Rest:** Let go of the need to solve every “what-if” right now.
 - *This micro-practice is your way to step off the hamster wheel.*
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Disclaimer: This reflection is intended for personal exploration and self-reflection only. The ideas shared here are inspired by principles from Logic-Based Therapy, as interpreted and applied by the author. This content is not a substitute for professional therapy, counseling, or medical advice. If you experience distressing emotions or need additional support, please consider reaching out to a qualified mental health professional.