

The 7-Day Overthinking Reset

Stop fighting every thought. Learn to respond differently.

A practical 7-day workbook to help you understand overthinking, interrupt repetitive thought loops, and take clearer action.

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The Clean Mind

thecleanmind by Dr Jyothish

This workbook is for general education and self-development. It is not a substitute for medical or mental-health assessment, diagnosis or treatment.

Your Brain Isn't Trying to Annoy You

It is trying to predict what happens next. Thinking helps us anticipate problems, learn from mistakes, make decisions, and prepare for uncertainty.

But thinking becomes **unhelpful** when the brain keeps analysing without reaching useful action.

The Overthinking Loop

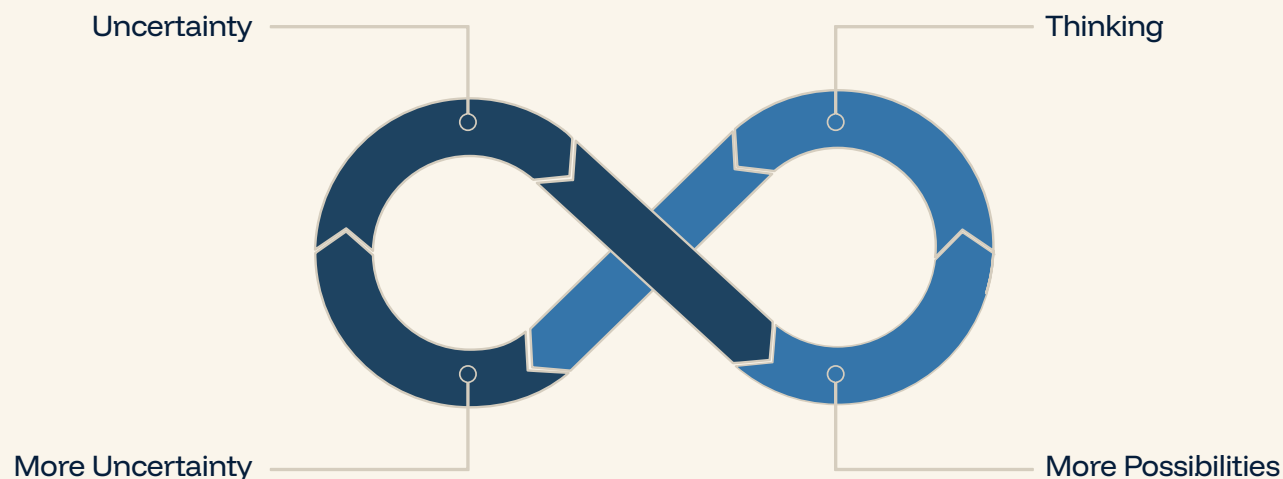
The loop keeps going because the brain is searching for **certainty** — something that is rarely fully available.

📌 **Remember:** Thinking looks for a solution. Overthinking keeps looking for certainty.

Today's 60-Second Exercise

Write one thing you are currently overthinking. Then ask yourself:

"Is more thinking actually helping me solve this?"



Yes

No

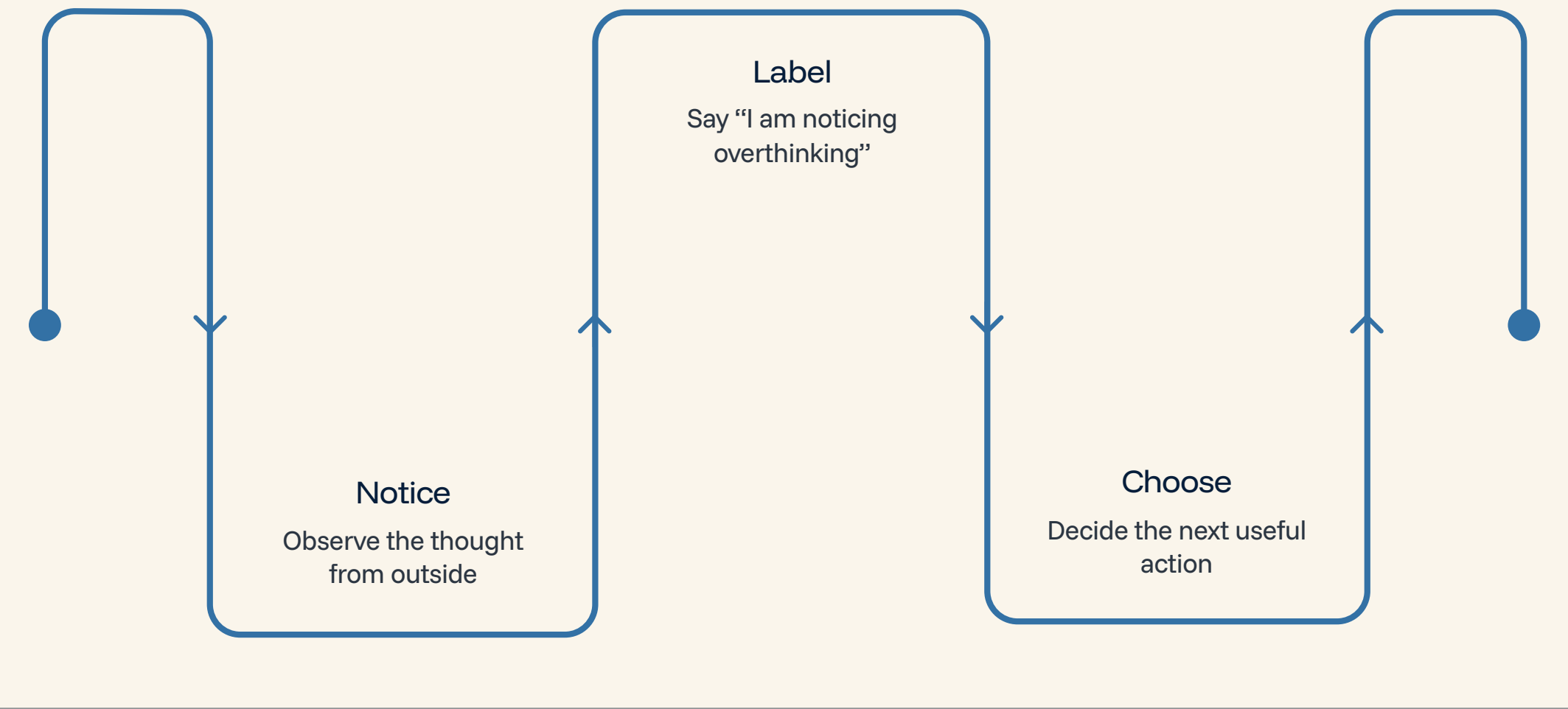
Not Sure

DAY 1

Notice the Loop

Many thoughts happen automatically. The first skill is not controlling every thought — it is **recognising when your mind has entered a repetitive loop**.

Today, whenever you notice overthinking, mentally say: **"I'm noticing that I'm overthinking."** — not "I have to stop thinking." This small shift creates psychological distance between *you* and *the thought*.



The 3-Question Check

1

What am I thinking about?
Name the thought clearly and specifically.

2

Can I solve this right now?
Is there a specific, actionable problem in front of me?

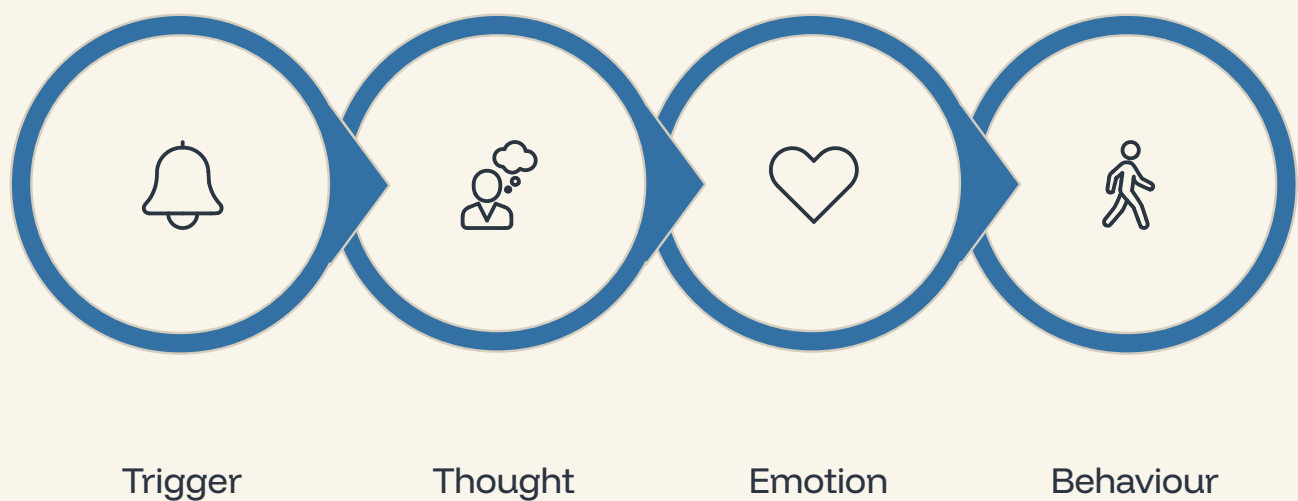
3

What is one useful action?
If none is available: Notice → Label → Return to the present task.

DAY 2

Find Your Triggers

Overthinking usually has patterns. You may overthink more after receiving criticism, waiting for a reply, making a mistake, or feeling tired or stressed. Instead of saying *"I overthink everything,"* become specific — that is where change begins.



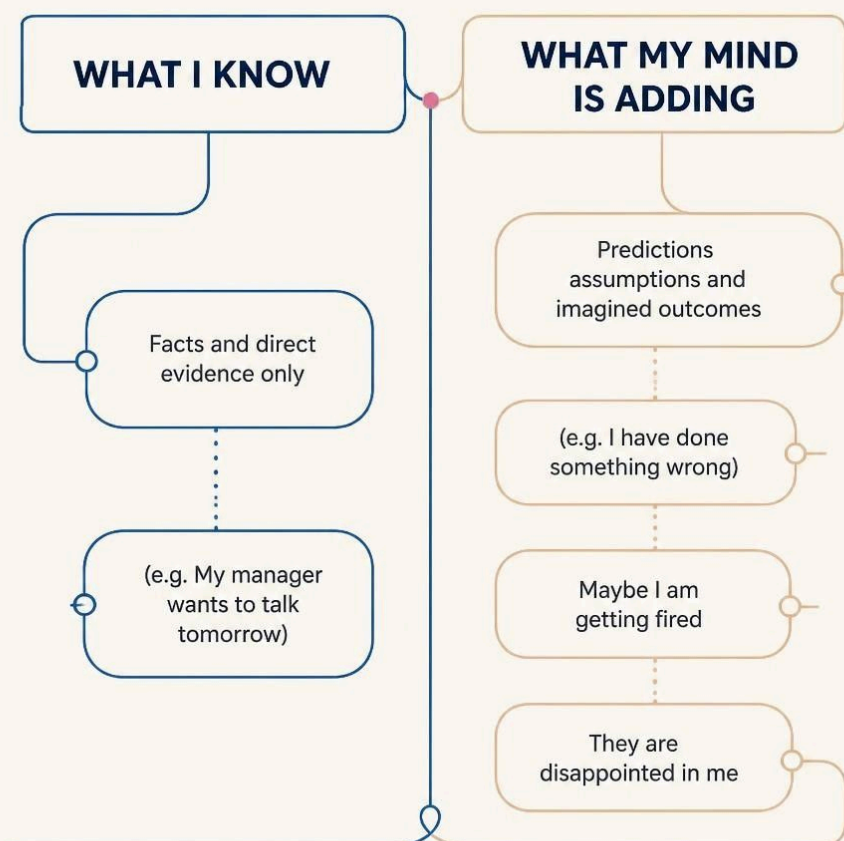
The Trigger Tracker

Situa tion	Thou ght	Feeli ng	What I Did
Mess age not answ ered	"Did I say some thing wron g?"	Anxio us	Chec ked phon e repea tedly
Your entry :			

📝 **Today's goal:** Don't try to change anything yet. Just collect data about your mind. Awareness always comes before change.

Fact or Story?

Your brain constantly interprets events — and can treat those interpretations *as if* they were facts. The Fact–Story Method helps you see the difference.



Scenario

Your manager says: "**Can we talk tomorrow?**"

Fact: Your manager wants to talk tomorrow.

Story: "I've done something wrong." "Maybe I'm getting fired."

Use the Fact–Story Method

Divide any situation into two columns:

- **What I know** — facts and direct evidence
- **What my mind is adding** — predictions and assumptions

Then ask: "**What else could also be true?**"

This isn't about forced positivity. It's about thinking *more accurately*.

DAY 4

Stop Chasing Certainty

Overthinking often asks impossible questions — "What if I regret this?" "What if they judge me?" The brain believes: **more analysis = more certainty**. But many important decisions will always contain some uncertainty.

Replace This Question

Old Question

"How can I be 100% sure?"

New Question

"Do I have enough information to take the next reasonable step?"

The 70% Question

You don't need perfect certainty for most everyday decisions.

Ask yourself:

 **"Do I have enough information to make a reasonable decision?"**

If yes → Choose → Act → Learn → Adjust.

Write It Down

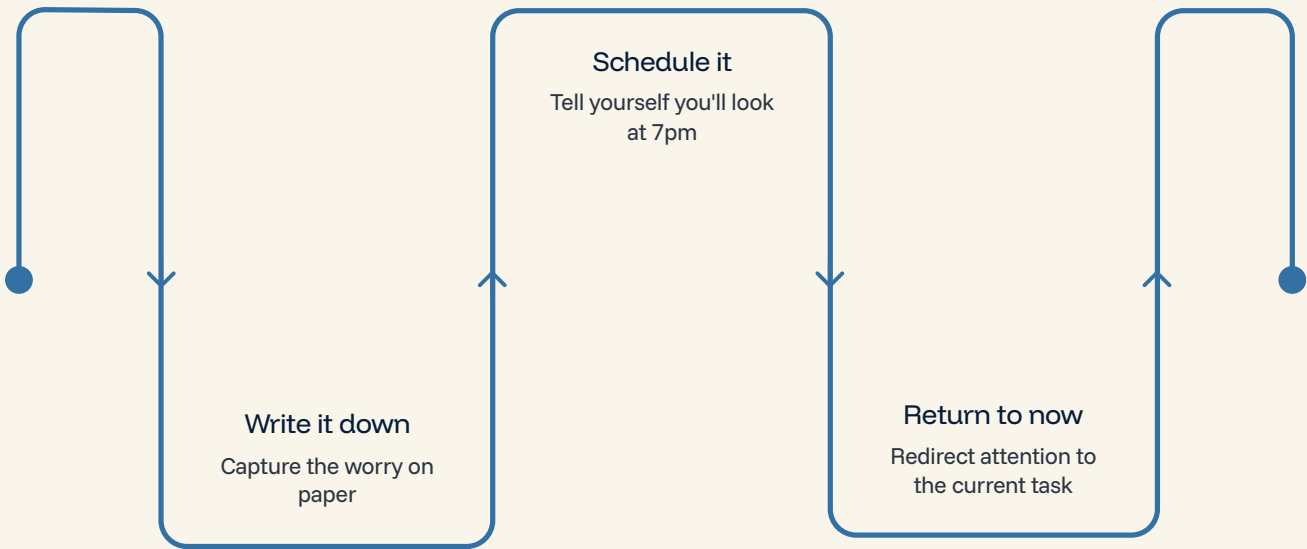
One decision I have been delaying:

The next reasonable step:

DAY 5

Schedule Your Worry

When an intrusive worry appears, we often give it immediate attention. That teaches the brain: **"This thought is urgent."** Worry postponement is a well-researched technique that gently reverses this pattern.



Try This: Scheduled Thinking Time

Choose a daily 15-minute window — for example, **7:00–7:15 PM**.

When a worry appears earlier in the day:

1. Write it down briefly.
2. Tell yourself: **"I'll look at this during my thinking time."**
3. Return attention to what you were doing.

During Your Scheduled Time

Review the list. For each worry, ask: **Can I take action?**

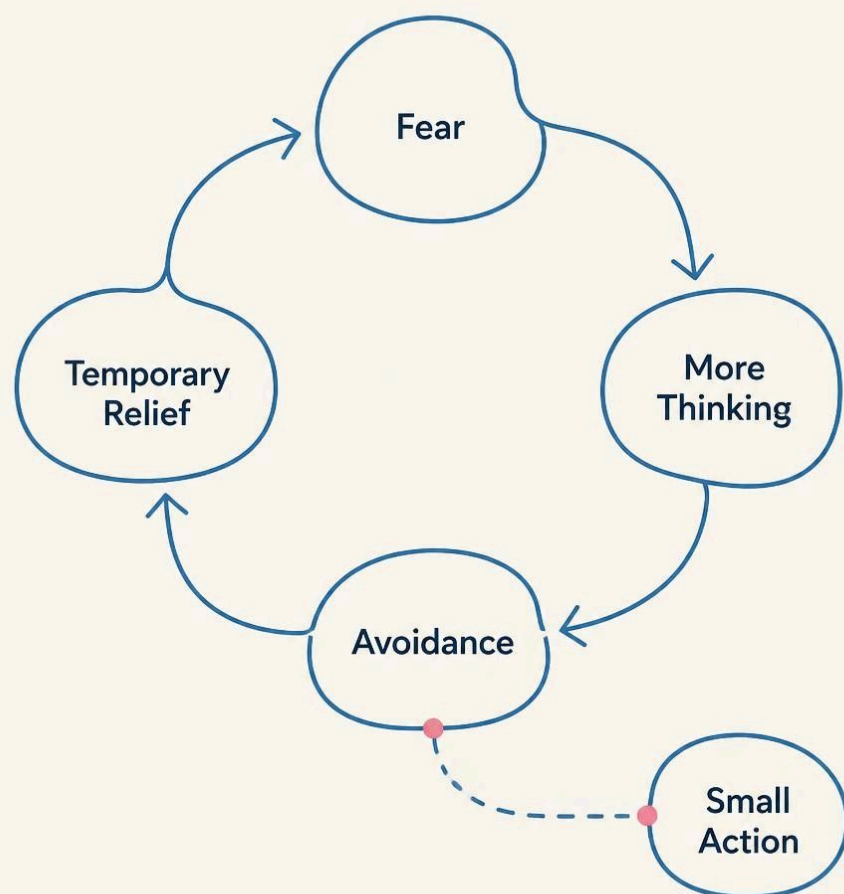
You may find that many worries feel far less urgent when revisited later.

YES Write the next action step.	NO Acknowledge it. Allow it to remain unresolved for now.
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DAY 6

Move from Thinking to Action

Action gives your brain new information. Avoidance can feel relieving in the short term — but repeatedly avoiding something may quietly teach your brain: "**I couldn't handle it.**"



Take the Smallest Useful Action

Your Action Plan

Something I'm avoiding:

Smallest useful action:

I will do it by:



Clarity often comes *after* action — not before it.

Not "Fix my entire career"

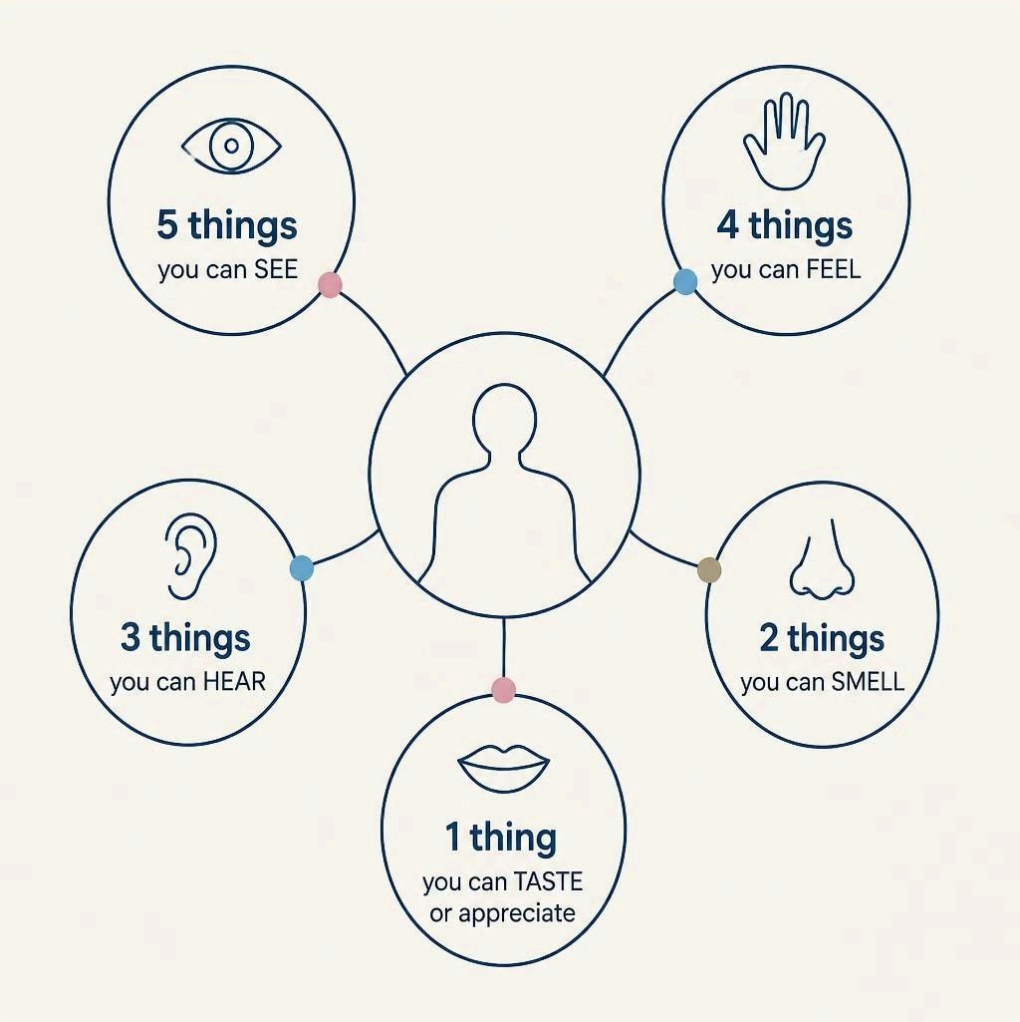
→ Instead: **Spend 20 minutes updating my CV.**

Not "Become confident"

→ Instead: **Speak once during today's meeting.**

Reset Your Attention

Trying aggressively *not* to think about something can sometimes make it more noticeable. Instead of fighting the thought, redirect your attention — gently and deliberately.



The 5–4–3–2–1 Reset

Pause. Notice:

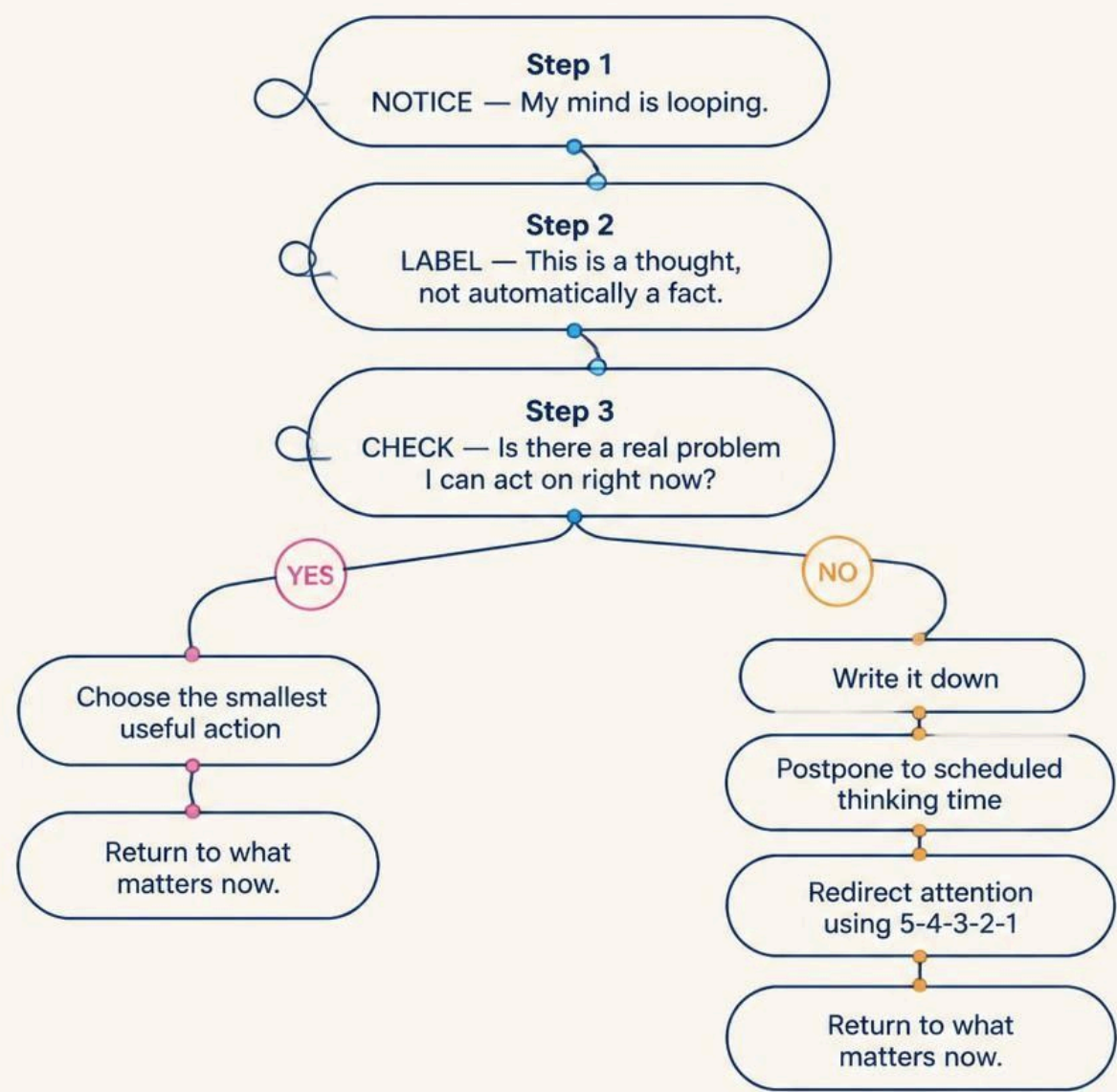
Then take a slow breath and return to the activity in front of you.

❏ The goal is not "I must remove this thought." The goal is: **"This thought can exist without controlling what I do next."**

- 1 5 things you can **see**
- 2 4 things you can **feel**
- 3 3 things you can **hear**
- 4 2 things you can **smell**
- 5 1 thing you can **taste or appreciate**

Your Clean Mind Reset

When you catch yourself overthinking, run through this process. Save this page.



Notice

"My mind is looping."

Label

"This is a thought, not a fact."

Check

Can I act on this right now?

Act or Postpone

Smallest action — or write and defer.

Return

Come back to what matters now.

Your Personal Overthinking Plan

Build your own reset plan. Complete the sentences below — there are no right or wrong answers.

My Profile

My three biggest triggers are:

1.
2.
3.

I usually respond by:

The behaviour I want to reduce is:

My smallest useful action will be:

My daily 15-minute thinking time:

 to

When I notice a thought loop, I will remind myself:

"I don't need to solve every thought. I only need to choose my next useful action."

7-Day Check-In

Rate yourself honestly from 1 (difficult) to 10 (easy):



1/10

Noticing Overthinking

How quickly do I spot the loop?



1/10

Taking Action

Do I choose a small step rather than avoiding?



1/10

Tolerating Uncertainty

Can I act without needing 100% certainty?



1/10

Redirecting Attention

Can I return to the present when needed?

This Is the Beginning

A clearer mind doesn't mean having zero unwanted thoughts. It means becoming better at choosing which ones deserve your attention.



Which thoughts deserve my attention?



Which problems need action?



Which uncertainties can I allow to exist?



What do I want to do next?

You don't need perfect control over your mind. You need a better relationship with your thoughts.

Continue with The Clean Mind

Dr. Jyothish K Nambiar

Orthopedic Surgeon | Mindset & Peak Performance Coach

Overthinking · Mental Clarity · Self-Doubt · Focus · Emotional Strength · Peak Performance

COMING SOON

The Overthinking Protocol

A structured psychology-based programme to understand your patterns and develop practical skills for clearer thinking and action.

Join the Waitlist



Disclaimer

This workbook is for general education and self-development. It is not a substitute for medical or mental-health assessment, diagnosis or treatment. If worry, anxiety, low mood or intrusive thoughts are persistent, severe, or significantly affecting daily life, consider speaking with a qualified mental-health professional.