AGES 12–18 PRINTABLE WORKSHEET

Overthinking Worksheet



WHAT THIS IS

Overthinking is your brain looping on a worry. Separating facts from guesses breaks the loop.

HOW TO USE IT

1. Write the looping thought.
2. Sort facts from the story your brain is telling.
3. Choose one small step or let it go.

EXAMPLE

"Thought: 'Everyone thinks I'm weird.' Fact: I got invited to lunch. Story: they're judging me."

The thought that keeps looping

Facts (what I know)

Story (what I'm guessing)

Worst case

Best case

Most likely

In my control

Not in my control

One small step I can take (or let go of)

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