

RUMINATION - OVERANALYSIS 3

Analysis often seems like something
useful, as if you were trying to understand
yourself, to find answers, to gain
control.

But there is a trap.

The more you analyse, the
more questions arise.

And at some point, the brain begins to
believe that the solution always lies a little
further on.

In the next thought, in the next explanation, in the next analysis.

The ruminating doesn't persist because it actually
solves anything.

It persists because it promises that it will solve it.

Today you won't try to answer the 'why'.

You'll simply observe what the 'why' is doing inside you.

When a thought arises such as why do I feel this way',
why can't I calm down', do not follow it.

Just say this is the beginning of the analysis.

And then leave it there.

For 60 seconds observe the question.

Don't answer it, don't fight it,
don't try to push it away.

Leave it open and notice that you don't need to resolve
every thought in order to carry on with your day.