

Rumination & Overthinking 2

Many times the brain presents every thought as an urgent problem that must be solved. But not all thoughts are actually problems.

A real problem has something very specific.

It can lead to action. For example, I need to send an email by this afternoon. That is solved with one step. But rumination is different.

It usually revolves around endless questions. Why am I like this?

What if I never change? What does that mean for me? And the more you analyze them, the more they expand.

Today I want you to make a very simple distinction.

Ask yourself: Can I do something practical right now? If the answer is yes, do it. If the answer is no, then you do not need to continue the analysis. Today's exercise is simple.

Take one thought that is bothering you and place it into one of two categories. A: I can take action now. B: I cannot take action now. And if it belongs to B, simply say: This is not a problem to solve. It is a thought to observe.