

Rumination & overthinking 4

Many times rumination feels like an attempt to resolve. It's like you're saying to yourself, "If I think about it a little more, I'll figure it out."

But there's an important difference between thinking and moving forward. Real resolution leads somewhere to a decision, to an action, to ask yourself a very simple question. After all this thinking, what has changed practically? If the answer is nothing, then it probably wasn't a resolution. It was a loop. Today's exercise is short. When you notice that you're thinking about the same thing for a long time, stop for a moment and say. I don't need another thought. I need a small step or a pause and then do something simple and practical. Even if it's small, even if you don't feel ready.