

Rumination & Overthinking 1

When we get caught in rumination, we usually believe that if we think about it a little longer, we'll find the solution. But many times, we don't solve anything. We simply keep going around in the same circle.

Rumination feels like movement, but in reality, it's a loop.

The difference is simple: real problem-solving leads to a decision or an action. Rumination leads to more thinking, more analysis, and more exhaustion.

In this exercise, I don't want you to change your thoughts. I don't want you to fight them or stop them. I only want you to start recognizing when you've entered the loop.

Three times during the day, write down what you were thinking about, how long it lasted, and whether it led to an action or simply to more thinking.

If you notice that you were just going back to the same point again and again, write only one word:

Loop.

That is the first step.