A SHRINQ WORKBOOK

The Overthinking Workbook.

A short, practical workbook for people whose minds will not put a problem down. It uses the same four-move framework that runs through everything shrinQ makes: Pattern, Pause, Reframe, Act.

A NOTE BEFORE YOU START

I built this workbook because most advice about overthinking is itself too much thinking. You do not need twelve techniques. You need a small set of moves you can actually run when your mind starts chewing on the same thought for the fortieth time.

Work through it with a pen, over a week or so. Handwriting slows the mind down enough to see the pattern. Nothing here is homework for anyone else. It is a private conversation with your own attention.

Shariq Refai, MD, MBA. Board-certified psychiatrist. Founder of shrinQ.

How to use this workbook

- [ ] Set aside 10 to 15 minutes. You do not need to finish in one sitting.
- [ ] Answer honestly, not impressively. Nobody grades this.
- [ ] If a prompt does not fit, skip it. Come back if it becomes relevant.
- [ ] Repeat the practice log for at least seven days before judging whether this helps.

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PART 1 OF 5

Know your loop

Overthinking is not random. It has favorite topics, favorite times of day, and a favorite chair. The first move is Pattern: seeing your specific loop clearly enough to catch it early.

What does your mind chew on most often? (decisions, conversations, health, work, the past)

When does the loop usually start? (time of day, place, situation)

How do you know you are in it? What does it feel like in your body?

How long does a typical episode last, and what usually ends it?

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PART 2 OF 5

The pause that interrupts autopilot

You cannot think your way out of overthinking. The exit starts with a physical interruption: one slow breath, standing up, or saying the pattern's name out loud. Small is fine. Small is the point.

Write the exact sentence you will say when you catch the loop. (Example: "That is the loop again.")

Pick your physical interrupt: what will you do with your body in that moment?

Where will the loop most likely catch you this week, and what is your plan for that spot?

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PART 3 OF 5

Reframe: question the first story

The loop runs on one story told over and over. These questions do not argue with the story. They make room next to it.

Write the thought your mind keeps replaying, word for word.

Is this a problem I can act on today, or a fear I am rehearsing?

What would I tell a close friend who brought me this exact thought?

What else could be true that my mind is skipping past?

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PART 4 OF 5

Act: close the loop with something small

Rumination survives because it feels like work while changing nothing. Action, even two minutes of it, gives your brain the closure it was looking for in thought.

If the thought points at a real problem: what is the smallest concrete step, and when will you take it?

If the thought is not actionable: what will you deliberately put your attention on instead?

Write one "worry window": a 15-minute daily slot where the topic is allowed, so it is off duty the rest of the day.

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PART 5 OF 5

The 7-day practice log

Once a day, jot one line per column. You are looking for one thing: is the gap between "loop starts" and "I noticed" getting shorter?

DAY	LOOP SHOWED UP? WHEN?	WHICH MOVE DID YOU RUN?	WHAT HAPPENED NEXT?
1			
2			
3			
4			
5			
6			
7			

Progress here is not "the loop never comes back." Progress is noticing sooner, exiting faster, and caring less that it showed up at all.

BEFORE YOU USE THIS

This resource is provided by shrinQ (shrinq.com), part of The Shrink Network, for educational purposes only. It is not medical, psychological, or legal advice, it is not therapy, and it does not create a doctor-patient relationship. It is a general self-reflection tool and may not fit your situation or your jurisdiction. If you adapt it for professional, clinical, or organizational use, it is your responsibility to review the laws and regulations that apply where you live or practice and to create your own compliant materials. If you are struggling, talk with a licensed clinician. If you are in crisis or thinking about harming yourself, call or text 988 (in the United States) or contact your local emergency services.