

Master @master\_nobody

"Overthinkers", read this:

**1. That story ain't real.**

- a. None of it.
- b. That fear, insecurity, and that imaginary story you're obsessing about, it's all in your head.
- c. Every time you find yourself in that story, dragggggg yourself to the present.

**2. You don't know.**

- a. Accept it.
- b. You're going crazy jumping to conclusions about shit that isn't even there.
- c. Sometimes it's okay to just accept and tell yourself "I don't know."

**3. What if, what if.**

- a. Overthinking is a longgggg chain of what ifs.
- b. What if that happens, what if it doesn't work, what if i fail, what if.
- c. Don't complicate it.
- d. Take a breath, you'll be fine.

**4. Zoooooooooom out.**

- a. In the bigger scheme of things, what you're obsessing about doesn't even matter.
- b. Try, fail, fall, learn and get back up again.
- c. That's life, live it.

**5. "Zen" it out.**

- a. Thoughts ain't leaving you?
- b. Sit at a quiet place and take 10 long deep breaths.
- c. And the rest will be history.

**6. Do one thing well.**

- a. Make a to-do list.
- b. Write down two or three things that you need to do.
- c. Do them one by one.
- d. You don't have to do everything.
- e. Just do one thing well.
- f. Life is long.
- g. You'll make it.

**7. Catch them 'triggers.'**

- a. Overthinking is a chain reaction.
- b. Like dominos falling.
- c. But! there is always that one thought which triggers it all.
- d. Find it and fix it.

**8. Talk, share, or tweet it.**

- a. Sometimes sharing what you're feeling with friends, family, or even on social media can calm you down.
- b. Bottled feelings ain't good for you.
- c. Spurt 'em out.

**9. Enjoy the ride.**

- a. Life is full of ups and downs.
- b. Obsessing about every little thing won't fix it.
- c. When it's sunshine, have fun.
- d. When it's dark and stormy, let it pass.
- e. Life is change, keep moving and you'll be ok.

**10. To heal yourself, fix your old toxic patterns and achieve what you choose to focus on.**