

# Overthinking to Exhaustion: When Your Mind Just Won't Stop

## THE TWO TYPES OF THINKING:

**Problem-Solving:** Generates new information →  
Leads to action → Ends when solved

**Anxiety Looping: Repeats endlessly** → No new  
data → Never resolves

## Exercise 2: WHAT'S IT PROTECTING YOU FROM?

Your most common racing thought:

- \_\_\_\_\_
- What is this trying to protect me from?

- \_\_\_\_\_
- What am I actually afraid will happen?

- \_\_\_\_\_
- What if I stopped thinking about this?
- \_\_\_\_\_

## Exercise 1: THE THOUGHT LOOP IDENTIFIER

Your thought loops:

\_\_\_\_\_

The Loop Test:

- How many times have I thought this? \_\_\_\_
- Has it ever solved the problem? Yes / No
- Does it lead to action or more thinking? Action / Thinking
- New information or same data? New / Same

Key: If you've thought it 3+ times without action or new info  
= LOOP

## Exercise 3: THE THOUGHT LOOP INTERRUPT PATTERN

When you notice you're looping:

- NAME IT: "I'm in a thought loop"
  - BODY CHECK: Where do I feel this?
- \_\_\_\_\_
- ASK: Problem-solving or anxiety spiral?

- \_\_\_\_\_
- REDIRECT: Choose one action:
- \_\_\_\_\_

My reminder to use this:

\_\_\_\_\_

o

**Remember:** You can't always stop thoughts from appearing.  
But you can stop feeding the loop by recognizing it and  
choosing to redirect.

Download Your Full Workshop Notes:



Follow on Facebook:



Follow on Instagram:



@HYPNOTHERAPY\_WITH\_KESHA



# Overthinking to Exhaustion: When Your Mind Just Won't Stop

## WHY YOUR BRAIN LOOPS ENDLESSLY

Your brain has two types of thinking:

### Problem-Solving Thinking:

- Generates new information
- Leads to action
- Ends when problem is solved

### Anxiety Looping:

- Repeats endlessly
- Generates no new data
- Never resolves

Why your brain won't stop: Your brain thinks overthinking = control. Loops create the illusion you're "doing something" about the problem. But thinking about uncertainty doesn't eliminate it—it exhausts you.

The truth: Your brain is running a marathon with no finish line. That's why you feel tired even when you "haven't done anything."

## EXERCISE 1: THE THOUGHT LOOP IDENTIFIER

Purpose: Distinguish productive thinking from anxiety loops

Step 1: Write down 2-3 thoughts that loop in your mind repeatedly:

- 1.
- 2.
- 3.

Step 2: The Loop Test (Answer for each thought above)

Question Thought 1, Thought 2 and Thought 3

How many times have I thought this?

Has it ever solved the problem? (Y/N)

Does it lead to action or more thinking?

Am I gathering new info or rehashing same data?

Key Insight: If you've thought it more than 3 times without taking action or gaining new information—it's a loop, not problem-solving.



# Overthinking to Exhaustion: When Your Mind Just Won't Stop

## WHAT YOUR RACING THOUGHTS ARE REALLY TRYING TO TELL YOU

**Your racing thoughts aren't random. They're trying to protect you from something:**

- The terror of uncertainty
- The fear of making the wrong choice
- The discomfort of taking action
- Losing control

**The Core Truth: Your brain loops because it believes thinking = safety and control. But overthinking uncertainty doesn't eliminate it—it just exhausts you while keeping you stuck.**

## EXERCISE 2: THE RACING THOUGHTS DECODER

Think of your most common racing thought (the one that wakes you up or won't let you sleep):

My racing thought: \_\_\_\_\_

What is this thought trying to protect me from?

What am I actually afraid will happen?

What do I think will happen if I stop thinking about this?

Key Insight: Your racing thoughts aren't trying to torture you. They're trying to protect you from the terror of uncertainty. But overthinking doesn't eliminate uncertainty—it just exhausts you.

## EXERCISE 3: THE THOUGHT LOOP INTERRUPT PATTERN

The 4-Step Pattern (Use the moment you notice you're looping)

1. NAME IT: Say out loud or write: "I'm in a thought loop"
2. BODY CHECK: Where do I feel this in my body?
3. ASK: Is this problem-solving or anxiety spiraling?
4. REDIRECT: Choose ONE action:  Write it down and schedule time to think about it later  Take ONE small action (if action is possible)  Intentionally shift focus to something else

My redirect action: \_\_\_\_\_

My reminder to use this pattern: \_\_\_\_\_ (Physical cue: bracelet, sticky note, phone reminder, etc.)



# Overthinking to Exhaustion: When Your Mind Just Won't Stop

## WHAT YOU GAIN WHEN YOUR MIND FINALLY QUIETS

### When you break the overthinking loop, you gain:

- ✓ **Mental energy**—no more exhaustion from constant mental marathons
- ✓ **Sleep**—falling asleep without racing thoughts
- ✓ **Presence**—being fully in the moment
- ✓ **Clarity**—seeing problems clearly instead of through fog
- ✓ **Decision confidence**—making choices without agonizing
- ✓ **Peace**—a quiet mind that works FOR you
- ✓ **Trust**—in yourself, your decisions, your intuition
- ✓ **Life force**—energy for living instead of energy drained by thinking

### REMEMBER:

**You can't stop thoughts from appearing. But you can stop feeding the loop by recognizing it and choosing to redirect.**

**The transformation isn't about thinking less. It's about thinking differently.**



# Overthinking to Exhaustion: When Your Mind Just Won't Stop

Ready for deeper transformation?  
Need more support?  
Check out my program:  
Frequency Shift™ Momentum Reset  
[www.newworldhypnosis.com/program](http://www.newworldhypnosis.com/program)

Hosted by:  
Keshia Dent, Certified Hypnotherapist  
[www.newworldhypnosis.com](http://www.newworldhypnosis.com)

**Download Your Full Workshop Notes:**



**Follow on Facebook:**



**Follow on Instagram:**



@HYPNOTHERAPY\_WITH\_KESHA