

## **How To Stop Overthinking And Doubting Yourself**

### **QUESTION:**

Why do I keep overthinking everything and doubting my decisions?

### **ANSWER:**

Overthinking and self-doubt are your mind's way of trying to protect you from mistakes, rejection, or judgment and are often rooted in past experiences where you felt shamed, ignored, or told your opinions and choices were wrong. Your brain learned to scan every option, replay every conversation, and anticipate every outcome in a desperate attempt to avoid pain.

While this might have kept you safe in the past, now it traps you in indecision, anxiety, and a constant 'inner critic' loop. Healing begins when you recognise that overthinking is not a flaw; it's a misguided strategy. You can rewire your response patterns, reclaim trust in your own judgment, and quiet the endless what ifs by combining awareness, conscious decision-making, and self-compassion. Here's how you begin the healing process:

### **1. Understand the Root of Your Doubt**

Self-doubt often grows from early experiences of criticism, comparison, or conditional love. Perhaps you were told your choices weren't good enough, or your intuition was

dismissed. Identifying these origins is crucial because it separates past conditioning from your present reality. Ask yourself: which thoughts are mine, and which were implanted by someone else?

Awareness is liberating. By seeing self-doubt as learned, not inborn, you empower yourself to question it rather than blindly follow it. Over time, this recognition weakens the habit loop of overthinking and prepares the mind for conscious decision-making.

## **2. Notice the Patterns of Overthinking**

Overthinking often follows predictable loops: replaying conversations, imagining worst-case scenarios, or obsessing over perfection. Start tracking when and why your mind spirals. Journaling triggers, emotions, and recurring thought patterns allows you to see the cycle clearly. Awareness alone interrupts autopilot thinking.

Once you identify the triggers, you can insert conscious pauses – a breath, a grounding exercise, or a rational check-in – to break the loop. Knowledge of your patterns is power: it turns the foggy habit of overthinking into a navigable process.

## **3. Challenge Your Inner Critic**

Self-doubt thrives on internalized criticism. Each time your mind says, 'I can't do this', ask yourself, is that true? What

evidence exists to prove that I can't? Equally, what evidence exists to prove that I can? Often, you'll find the critic is recycling old fears or messages from someone else.

Write down the negative belief, then write a compassionate counterstatement based on your actual abilities and past successes. Over time, this habit weakens the critic's hold and strengthens your self-trust. The goal is not to silence your mind completely, but to dialogue with it instead of submitting to it.

#### **4. Practice Decision-Making Without Over Analysis**

Start with small choices: what to eat, what to wear, or what to schedule first. Decide within a set timeframe and observe the outcome without judgment.

Gradually increase the stakes. Each successful decision, no matter how small, builds confidence and trains your nervous system to trust your judgment. Remember: perfection is not required. Mistakes are proof of learning, not evidence of failure. Repetition rewires your brain from overthinking to empowered action.

#### **5. Ground Yourself in the Present**

Overthinking thrives on imagining past regrets or future catastrophes. Anchor yourself in the present using your senses: notice five things you can see, four you can touch,

three you can hear, two you can smell, one you can taste. This sensory grounding interrupts spirals and reminds you that reality exists now, not in 'what if' scenarios. Combine grounding with mindful breathing to calm anxious nervous system responses that fuel doubt.

## **6. Cultivate Self-Compassion**

Every mind wanders, every heart hesitates. Overthinking is often compounded by harsh self-judgment. Begin each day with a gentle reminder: I am allowed to think, feel, and choose imperfectly. Celebrate small decisions and victories. Practise kindness toward yourself when your mind spins. Over time, self-compassion becomes a default state, reducing the intensity of doubt and the need to overanalyse every situation. You learn to respond with wisdom, not panic, even when outcomes are uncertain.

### **Affirmation:**

I trust myself. My thoughts are guides, not dictators. I make choices with confidence and compassion.

### **Journal Prompts:**

1. When do I notice overthinking the most?
2. Which past experiences fuel my self-doubt?
3. What evidence supports my ability to make good decisions?

4. How can I respond with self-compassion when doubt arises?
5. What small decision can I make today without overanalysing it?

**Visualisation:**

Imagine a clear, calm lake. Your thoughts are ripples on the surface. See the ripples form, then settle back into still water. Your mind can notice thoughts without being swept away by them. You are grounded, capable, and centred.

Practice this visualisation whenever overthinking arises.

**Conclusion:**

Overthinking and self-doubt are habits, not truths. By understanding their origins, recognising patterns, challenging your inner critic, practising decision-making, grounding yourself, and nurturing self-compassion, you reclaim your mental space. Trust becomes a muscle strengthened by consistent practice and conscious choice.

**Final Thought:**

Your mind is a servant; **you** are the master. You can guide it with clarity, trust, and compassion, stepping out of overthinking into empowered, confident action.