

Overthinking

When More Thinking Stops Helping

Adults and teens 13+ | 10 to 15 minutes

Thinking carefully can be useful. Sometimes the same question returns without new information or a clearer action. This page helps identify whether more analysis serves a purpose now. It does not ask you to ignore real consequences or reach perfect certainty.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Define the thinking task

Write the specific decision or problem. Identify what information would genuinely change your choice, where you can obtain it, and any deadline. Re-reading identical information may not add what you need.

Choose a bounded next step

You might ask one relevant question, make a reversible choice, or return to another task until new information arrives. For significant legal, medical, or financial decisions, suitable expert input may be part of the plan.

1. What exact question are you trying to answer?**2. What new information could change the decision, and is it available now?****3. What would count as enough information for this particular choice?****4. What bounded next step will you take if the same analysis restarts?****Clinical use and adaptation**

Assess obsessive rituals, reassurance seeking, depressive rumination, and actual decision complexity. Do not use a stopping rule as a new ritual or require arbitrary certainty ratings. Accommodate processing time and executive-function needs.