



The Overthinking Reset Guide

A simple way to come back to yourself when your mind wont slow down

Becoming Sanctuary Healing Vault

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You're not broken. You're in a loop.

It's not that you're too much.

It's not that you're too emotional.

It's that your mind doesn't slow down.

It keeps going... and going...

trying to get it right.

You start with a clear feeling—

something simple, something that made sense.

And then the loop starts

.

What if I'm wrong?

What will they think?

Should I ask someone else?



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You're not broken. You're in a loop.

Maybe I need more time...
maybe I'm missing something...

And your mind just keeps circling.

The more you try to figure it out,
the louder it gets.

And somewhere in all of that noise,
You lose the original feeling you had.

You're no longer connected to what felt true—
You're trying to think your way to safety.



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What Is Actually Happening

Overthinking usually starts because something matters.

Read that again

Overthinking usually starts because something matters.

A decision.

A conversation.

Something you don't want to get wrong.

And instead of staying with that first clear feeling...

Your mind takes over.

It doesn't slow down

It tries to get ahead of everything.

Let's figure this out.

Let's make sure this is right.

Let's not mess this up.

This is important



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What Is Actually Happening

But it doesn't actually help.

It pulls you into a loop—

- replaying it
- analyzing it
- questioning it

Looking for certainty, your mind won't let you find

And the longer you stay in it,
the further you get from what you already knew.



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3 signs your in the loop

You don't need to overthink this part, either.

Just notice.

1. **You keep going in circles**

You've already thought about this more than once.

2. **You're looking outside yourself.**

You want someone else to tell you what to do.

3. **Your body doesn't feel settled**

Your mind is busy, but nothing seems clear.

What helps

Remember, you don't need to solve this right now..

You need to step out of the loop

Clarity doesn't come from more thinking
It comes from coming back to yourself.



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The Reset

When you feel it starting, don't try to finish the thought.

Do this instead

Pause

Even just noticing

"I'm doing it again."

It's enough to interrupt the loop.

Come back to your body

Take one slow breath.

Feel your feet.

Feel where you are.

You don't need to feel calm.

Just here.



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Name it

“I’m overthinking because this matters to me.”

That doesn’t mean something is wrong.
It means this is important to you.

That alone takes the pressure down.

Ask one question

Not ten.

“What did I feel before I started overthinking?”

Don’t force it

Let it come back on it’s own.



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Stop there

You don't need to act yet.

You don't need to explain it.

Just don't go back into the loop.

Let that small moment be enough.

When it comes back

It probably will.

Especially when something is important.

That doesn't mean you're doing it wrong.

This is how you rebuild trust—

not all at once,

But in small moments like this.



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A different way to look at it

Overthinking isn't something you eliminate.

It's something you learn to step out of.

And every time you do,
even briefly,
You come back to yourself.

A small practice

Next time you feel stuck

Pause

Take one breath

Ask What do I already know?

That's it



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Before you go

You're remembering how to trust yourself again.

That changes more than you think.

