Journal Prompts for Overthinking

30 questions to quiet a busy mind

When your mind is racing

1. Write the worry in one sentence — the plainest version you can.
2. Which part of it is happening today, and which part is only a maybe?
3. What is the smallest thing you could do about it in the next hour?
4. What can wait until tomorrow? Write it down and give it a return time.
5. List everything your mind is carrying, one line each. Circle the one that is loudest.
6. What have you already done about this today?

When you keep replaying something

7. What happened, in three plain sentences, without the commentary?
8. What are you afraid it means about you?
9. Is there anything to actually do — an apology, a message? If yes, write its first line.
10. What would you say to a friend who kept replaying this exact moment?
11. How much will this matter in a month? In a year?
12. What would it take to let this one rest tonight?

When you are imagining the worst

13. Write the worst case all the way to the end.
14. Now write the most likely case, honestly.
15. If the worst did happen, what would you do first? Who would you call?
16. When were you this worried before — and what actually happened?
17. What is the evidence for the fear? What is the evidence against it?
18. What part of this is in your control, and what part is not?

When a decision is stuck

19. Write the decision as one question with two answers.
20. What does each option give you, and what does each one cost?
21. What would you choose if nobody would ever judge the choice?
22. What are you waiting for before you decide — and will waiting actually give you that?
23. What is the smallest step that would teach you something, without deciding everything?
24. If you had to decide in ten minutes, what would you pick — and what does that tell you?

For the middle of the night

25. What can honestly wait until tomorrow morning?
26. Write the one practical reminder for tomorrow — then close the book on the rest.
27. What is one thing that went fine today? Not great. Fine.
28. Where do you feel the worry in your body right now? Describe it plainly.
29. Give the worry a return appointment: "I will think about you at ___ tomorrow."
30. Finish this sentence: "Tonight, I am allowed to not know..."