Brain Dump

Brain Dump Template for Overthinking and Racing Thoughts

Date _____

The thought I keep coming back to

Write the exact loop, word for word if you can

How many times have I already thought this today

A rough guess is fine, this just makes the loop visible

What new information would change this

Is there anything you could learn or do that would actually resolve it?

If nothing would change it right now, write that down plainly

What I'll think about instead

Name one specific, unrelated thing to redirect your attention to for the next hour