

Dear Overthinker...

Let's quiet the noise together.

Gentle, Guided Resource for Healing & Clarity

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A Personal Note

Hey love,

If your mind has been loud, busy, crowded, or running laps at 3 a.m., this workbook is for you.

You're not "too much." You're not dramatic. You're not broken. Your brain is trying to protect you — it's just exhausted.

This little resource is here to help you slow down, breathe, and reconnect with yourself without judgment. Think of these prompts as a soft place to land... a gentle reset... a moment to hear yourself again.

Let's walk through this together. 💛

— Tiffany

Journal Prompts for When Your Mind Won't Sit Still

- What's the story my mind has been telling on repeat... and what's the truth underneath it?
- Where in my body am I holding stress or tension today? What might it be trying to say?
- What am I afraid will happen if I stop overthinking... and what might actually happen instead?
- When was the last time I felt safe, grounded, or seen? What helped me feel that way?
- What expectations am I carrying that are silently draining me?
- Where am I trying to be the strong one for everyone... and what would it look like to let someone support me?
- If I could speak to myself like someone I love, what would I say right now?
- What is one small, doable shift I can make this week that future me will thank me for?

A Soft Reframe for Your Heart

You don't have to "fix" everything today.

You don't have to earn rest.

You don't have to figure it all out before you take the next step.

You're allowed to pause.

You're allowed to release what's heavy.

You're allowed to heal at your own pace.

If these prompts gave you a moment of clarity, imagine what deeper support could open for you.

Explore therapy, coaching, and emotional healing resources at butterflyeffectcounseling.com.

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