



Therapy for Overthinking

For when your mind won't switch off. What it is, how it works, and what to expect.

If your mind keeps replaying, analysing and second-guessing, and it leaves you exhausted, you're not alone. Overthinking is one of the most common things people bring to therapy. It isn't a fixed part of who you are. It's a habit of the mind, and habits can change.

Does any of this sound familiar?

- You replay conversations for hours, wondering what you should have said
- You lie awake at night with your thoughts on fast-forward
- Small decisions feel huge, and you second-guess the choices you do make
- You read too much into texts, tone of voice, or what people "really" meant
- Your mind jumps to the worst-case scenario, again and again
- You feel mentally tired, even on days when you've barely done anything

The good news

Overthinking feels like problem-solving, but it rarely solves anything. Therapy helps you notice when thinking has stopped being useful and step out of the loop. Approaches like Cognitive Behavioural Therapy (CBT) have strong research support for reducing rumination and worry.

What can change with therapy

In your mind	In your body	In your life
A quieter, less crowded head	Better sleep	Being present with the people you love
Easier, quicker decisions	Less tension and mental fatigue	Getting things done instead of stuck
Less second-guessing yourself	More energy through the day	More trust in yourself

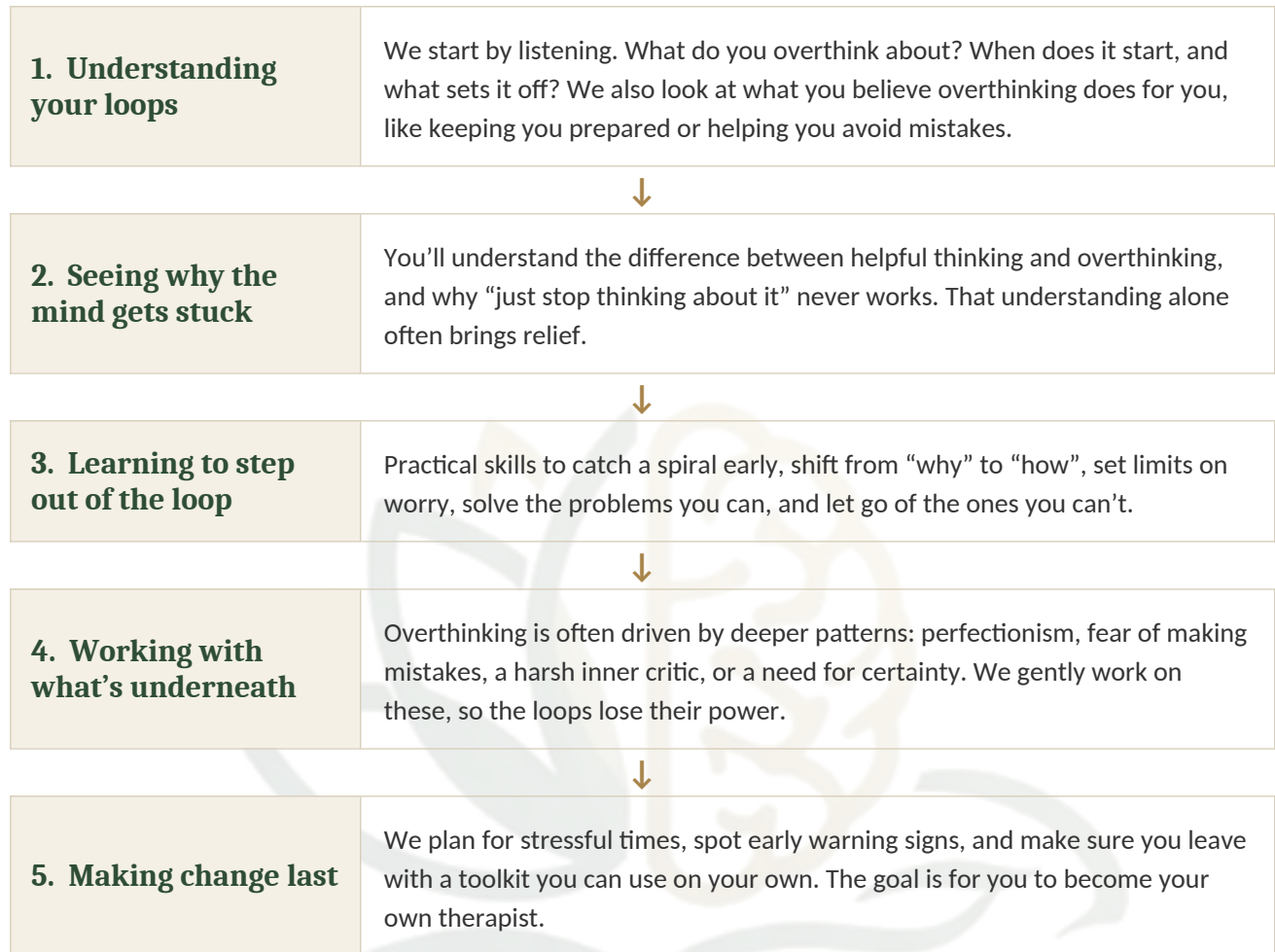
"We suffer more often in imagination than in reality."

— Seneca



How We Work With Overthinking

Therapy isn't about thinking harder. It's about learning to think differently.



Approaches we draw on

Cognitive Behavioural Therapy (CBT) Helps you recognise and change the thinking patterns that keep you stuck in worry and rumination.	Metacognitive approaches Changes your relationship with your thoughts, so you can notice them without getting pulled in.	Mindfulness & ACT Builds the skill of returning to the present and letting thoughts come and go.
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Every plan is tailored to you. We use what fits your needs, not a one-size-fits-all script.

Reaching out isn't a sign that you've failed to cope. It's a way of caring for yourself, the way you'd want someone you love to be cared for.



What a Session Looks Like

Knowing what to expect can make starting a little easier.

Check in	Focus	Learn & practise	Take it home
How your week went, and when your mind got busy.	We agree together on what to work on today.	Explore patterns and try out a skill in the session.	A small, doable task to practise before next time.

Questions people often ask

Isn't overthinking just my personality?

It can feel that way, especially if you've done it for years. But overthinking is a learned habit of the mind, and habits can be unlearned. Many people are surprised by how much quieter their mind can become.

Won't talking about my problems make me think about them even more?

Therapy isn't about going round in circles. We focus on understanding the loop and learning to step out of it. Sessions are structured and goal-focused, and you'll leave with practical things to try.

I've tried telling myself to stop. Why would therapy be different?

Trying to push thoughts away usually makes them come back stronger. Therapy teaches you different skills: changing how you relate to your thoughts, rather than fighting them.

Is my overthinking "bad enough" for therapy?

If it's affecting your sleep, decisions, relationships, work or peace of mind, it's worth addressing. You don't need to reach a breaking point to deserve support.

Will everything I say stay private?

Yes. What you share is kept confidential. The only exceptions, which we'll explain in your first session, are rare situations where someone's safety is at serious risk.

How long does therapy take?

It depends on you and your goals. Many people notice a difference within the first few weeks, as they start using the skills. We'll review your progress together regularly.

Your first step is a small one

Book a first session. We'll get to know you, understand what you're going through, and talk about how we can help. There's no pressure. After that conversation, you decide what feels right.

Book your session at

roohmindcare.com

In crisis or feeling unsafe right now? Call Tele-MANAS on 14416 (free, 24x7) or go to your nearest emergency department.