

From Overthinking to Inner Clarity

A SPIRAL™ Micro-Tool for moments when your mind won't stop looping, during the day & night.

Overthinking is rarely the real problem; it's a safety strategy the nervous system uses to stay in control. For many people, it can be shaped by:

- Unpredictable early experiences, where staying mentally alert felt like protection.
- A deep belief that getting things right keeps us safe or loved.
- Highly sensitive wiring, which leads to deep processing, and sometimes emotional overload.

Over time, reflection turns into rumination. The mind over-functions to manage what the heart hasn't been taught to hold.

This tool helps you move from **control** to **clarity** — from solving everything to *being present with what matters*.

Part 1: Daytime

Step 1: Notice the Loop

"I am caught in a spin, not because I am broken, but because my brain is trying to protect me."

- What is my mind trying to protect me from right now?
- Am I trying to get something right/perfect, or avoid something wrong - which one is louder right now?
- What is the cost of saying in this loop?
- What does that part of me need to hear right now?

Acknowledge: Overthinking is not failure. It is a strategy for safety.

Step 2: Pause and Ask: What's Underneath?

"What emotion is driving this thought-loop?"

- Is it fear of letting someone down?
- A need to feel in control?
- Worrying that missing a detail will lead to failure?

These are all common drivers of overthinking. Which one feels most familiar right now?

Step 3: Ask: Is This Mine?

"Is this thought-loop carrying responsibility for something that is not fully mine?"

- Who or what am I mentally trying to control or fix?
- Am I absorbing someone else's emotional state, pressure, or timeline?

Overthinking often includes **over-carrying**.

Step 4: Decide Anyway - Imperfectly

"If I had to act in the next 2 minutes, what would I do?"

Clarity is often revealed after we begin, not before.

- What step can I choose that is "good enough" for now?
- What is one small action/non-action that will bring relief or movement?

Step 5: Return to Alignment

"Is this thought helping me stay aligned with who I want to be?"

- If I had an internal compass for how I want to lead and live, would this thought be part of that path?
- In what direction is this thought taking me? Deeper into clarity, or deeper into fear?

Presence leads. Perfection can wait.

"I don't have to think my way to safety. Clarity lives in the pause, not the spin."

You don't have to think your way to safety. You don't need to solve your way to rest. When your mind is spinning, it's not betraying you, it's trying to keep you safe in the only way it knows how.

But now... there's another option.

Overthinking = protection.

Presence = permission.

You're allowed to not have it all figured out. You're allowed to rest without resolution. You're allowed to lead from clarity, not control.

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Part 2: Reset at Night

For when overthinking steals your rest and peace at the end of the day.

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Step 1: Permission: Say the Sentence that Softens It

"I am safe to rest, even if I don't have it all figured out yet."

- Let your nervous system know: it's time to stand down.

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Step 2: Give the Thought a Place to Wait

"This is important, but not for now. I will revisit it with clarity tomorrow."

- Visualise putting the thought in a drawer, folder or even writing it in a journal. Trust yourself to come back to it with more wisdom later.

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Step 3: Name the Emotion, Not the Problem

"What feeling is trying to get my attention right now?"

Naming the feeling helps settle the thought-loop.

- I'm anxious because I care.
- I feel pressure because I want to do it well.
- I'm afraid of being misunderstood/rejected.

Let it be **felt**, not solved.

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Step 4: Ground yourself: The Body, not the Mind.

Simple grounding techniques to shift from mental overdrive to somatic presence:

- One hand on your chest, one on your belly.
- Count your breath: 4 in; 4 out...
- Feel the weight of your body where it currently is.
- Let the mind rest **in the body**, not against it.

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Step 5: Anchor in Trust

"Rest is part of my clarity and power. I'll see it more clearly when I am rested."

Sleep is not disconnection, it's integration.

This tool is not about shutting off your thinking, it's about learning when to listen to it, and when to lovingly set it down.