

Spiraling Thoughts Worksheet

Trapped Mind · By Jonathan · Education and self-practice only

Set a timer for 12 to 15 minutes. Work top to bottom once. Leave with one next step. Do not restart looking for a perfect answer.

A. Capture the spiral headline

Write one sentence that names the loop (example: I keep replaying that meeting).

Headline: _____

Started today at: _____

Where I am physically: _____

B. Map the fuel

Check what applies. Circle the strongest one.

- ☐ Waiting on information I do not have yet
- ☐ Trying to guarantee a social outcome
- ☐ Replaying a past scene for a better ending
- ☐ Tired, hungry, or overstimulated
- ☐ Avoiding a task that feels uncomfortable

The reason this feels sticky is: _____

C. Sort facts, forecasts, and stories

Facts I can verify today	Forecasts (might happen)	Stories my mind adds
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____

D. The certainty trap

Complete: If I could feel 100% certain about _____, I think I would finally relax.

Is 100% certainty available in the next hour? ☐ Yes ☐ No

If no: For the next thirty minutes I will stop chasing certainty about this.

E. One next step (choose exactly one)

1. Action now: a five-minute task that moves life forward.
2. Action later: schedule a worry window with a start and end time.
3. No action needed today: label it mental noise and return to a planned activity.

My choice (1, 2, or 3): _____

Exact next behavior: _____

I will start at: _____

60-second grounding cue: _____

F. After-action note

What changed in my body? _____

Spiral: shortened / same / restarted: _____

What I will try sooner next time: _____

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