

## EXERCISE: The Overthinking Test

Read each statement and tick the ones that apply to you. If you're unsure, you could ask a spouse, close friend, or family member for their opinion.

- \_\_\_\_\_ *I can easily become aware of my thoughts at any moment.*
- \_\_\_\_\_ *I have a good understanding of how my mind works.*
- \_\_\_\_\_ *I often question or evaluate my thoughts.*
- \_\_\_\_\_ *I often focus on changing the way I think about situations, other people, or myself.*
- \_\_\_\_\_ *I'm keenly aware of becoming upset by unwanted thoughts.*
- \_\_\_\_\_ *I can be easily distracted by my thinking.*
- \_\_\_\_\_ *I often monitor what I am thinking.*
- \_\_\_\_\_ *It's important that I maintain control over unwanted and distressing thoughts.*
- \_\_\_\_\_ *I'm a highly intuitive, self-aware individual.*
- \_\_\_\_\_ *I'm a deep thinker.*
- \_\_\_\_\_ *I'm a detailed person who has difficulty just sitting with a problem.*
- \_\_\_\_\_ *I tend to search for the deeper meaning in everything.*
- \_\_\_\_\_ *I have a strong need to know, to understand.*
- \_\_\_\_\_ *I have difficulty tolerating uncertainty, ambiguity, and lack of clarity.*

The more statements you ticked as applicable, the greater the likelihood that overthinking is hindering your control of negative emotion. If you endorsed seven or more statements, you may very well be spending too much time in your head.