Twitter Thread by Ilir | The 900min Man



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Overthinking cost me 20 years...
Don't be like me.

MUTE YOUR OVERTHINKING:
= THREAD =

1. What are your destructive thoughts?

To know where to go next, it is always good to find out where we are.

What are YOUR destructive thoughts, what are the things you worry about, that keep you up all night?

Write them down!

Write. Them. Down.

Be as specific as possible, the clearer the better.

Now we know what we fight against.

To go deeper, find out where they are coming from, and what is the source of those thoughts.

Drama and situations from the past are most likely the answer.

Or are these current situations?

2. Step back & look at how u r reacting

As we now should have an idea of what we are fighting against, let's have a look at what are our reactions.

What are the mechanisms we are trying to cope with these situations?

Make a list. An inventory of your emotions so to speak.

Take the list from 1. and now connect them to your second list.

Please, as hurtful as this might be, try to be as specific as possible here.

We might act ugly sometimes, I know believe me, but we can only change what we know of.

So be honest and write down how you react.

3. Learn how to break your patterns

The solution seems too easy right?

I am not saying it works 100% but I can say, it helped me and you might take a thing or two with you.

Now looking at your two lists, our destructive thoughts on one side, and your reaction on the other.

How can you prevent those reactions, what could you do instead?

There is plenty of ways 'how to behave', but I want you to find out, what YOU think, and how YOU should or would like to behave.

Write down your ideal reaction.

Now cut it in half.

Its just more realistic.

4. Live in the present

This one, as a possible solution, is my favorite, but it is also the hardest.

Playing chess in my head is just sooo much more fun, with much more possibilities.

What could have been, what might be, what was, how I could have...

said or did this instead of that.

FORGET IT.

Please, wake up, as hard as it is.

Start with small situations, where you would normally ignore what just happened.

Work your way up to the bigger situations.

It is like a muscle.

We'll get better over time, if you work daily.

5. Focusing on solutions

This comes back to #4, as we are working on re-wiring our brain.

Laugh at your first tries, it will make things easier.

I closed a window and hurt myself on that well-known nail, and I wanted to scream and insult...

that nail.

But I forced myself, just for a split second to instead of scream running to the cupboard to get the hammer and defuse the situation.

Instead of being angry about the nail, I was just too lazy to fix it.

This time I concentrated on finding the solution.

6. Celebrate your accomplishments

It will take a time to get rid of all the small little well-known rituals that we have to deal with these situations.

Knowing this, repeating this, will give you the strength to work on it for a longer period of time.

To make it through...

we need to celebrate every single little success.

Why?

Because YOU know how hard it was to NOT overthink your next move 1M times and just do it.

You thought about the conversation for 15 min, but then you decide it was enough.

Be proud of those moments, you did this!

7. Tell intuition from fear

This goes back to your earlier lists.

I talked about going deeper.

Find out, go through your list and explain to yourself which of these situations are really scary and why.

Would this be a scary situation for everyone or just for you? And why?

This way, you can handle those situations better, the next time they arose.

We know you compare a lot, with these 'facts' you might be possible to put certain situations in the right context, in the right perspective.

9. Practice

This is boring af, but hell you know it's true.

How on earth you think you could get better at ANYTHING, without working on it?

Don't fear those situation where you tend to overthink, look out for them.

The sooner and more often you are confronting them with...

your new game plan, the better.

Like in the gym, you are preparing your body, this time your brain, to cope better with these kind of situations.

It seems so obvious, we try to avoid these situation instinctively.

Not anymore.

It sounds silly, but:

Embrace them.

10. Ask for help

This is a Twitter thread.

No more, no less.

If you are seriously having trouble with overthinking and these tips are no help of you and you tried already a lot of other things:

Get help.

You would try to fix a broken leg, teeth or car on your own, right?

tl:dr

1. What are your destructive thoughts?
2. Step back & look at how u r reacting
3. Learn how to break your patterns
4. Live in the present
5. Focusing on solutions

6. Celebrate your accomplishments
7. Tell intuition from fear
9. Practice
10. Ask for help

Thank you for reading!

If you think this is of any help,
RT the 1st tweet, it is greatly appreciated.

I tweet about self-discipline & habit building. So hit that follow button if you want to see more.

Wanna chat? DM me!

Take care.https://t.co/ADk3Bk6dPU

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> — Ilir | The 900min Man (@_IlirAliu) September 21, 2022