

The Relationship Overthinking Check-In

Use this when your mind starts replaying a conversation, analysing a message, or trying to predict what someone else thinks. Write down what you know before you apologize, withdraw, overexplain, or ask for reassurance.

1. What happened, without interpretation?
2. What am I assuming the other person thinks or feels?
3. What do I know from direct evidence?
4. What do I need or want in this situation?
5. Is there something I need to ask, express, or decide?

My next step

- ☐ Ask for information ☐ Express a need ☐ Make a decision
☐ Allow uncertainty for now

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Online therapy for overthinking, people-pleasing, self-doubt, and relationship stress across Ontario.

Free 20-minute consultation: inlightsoulcare.com/overthinking-and-relationship-stress-therapy-ontario/

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For education and reflection. This worksheet is not psychotherapy.