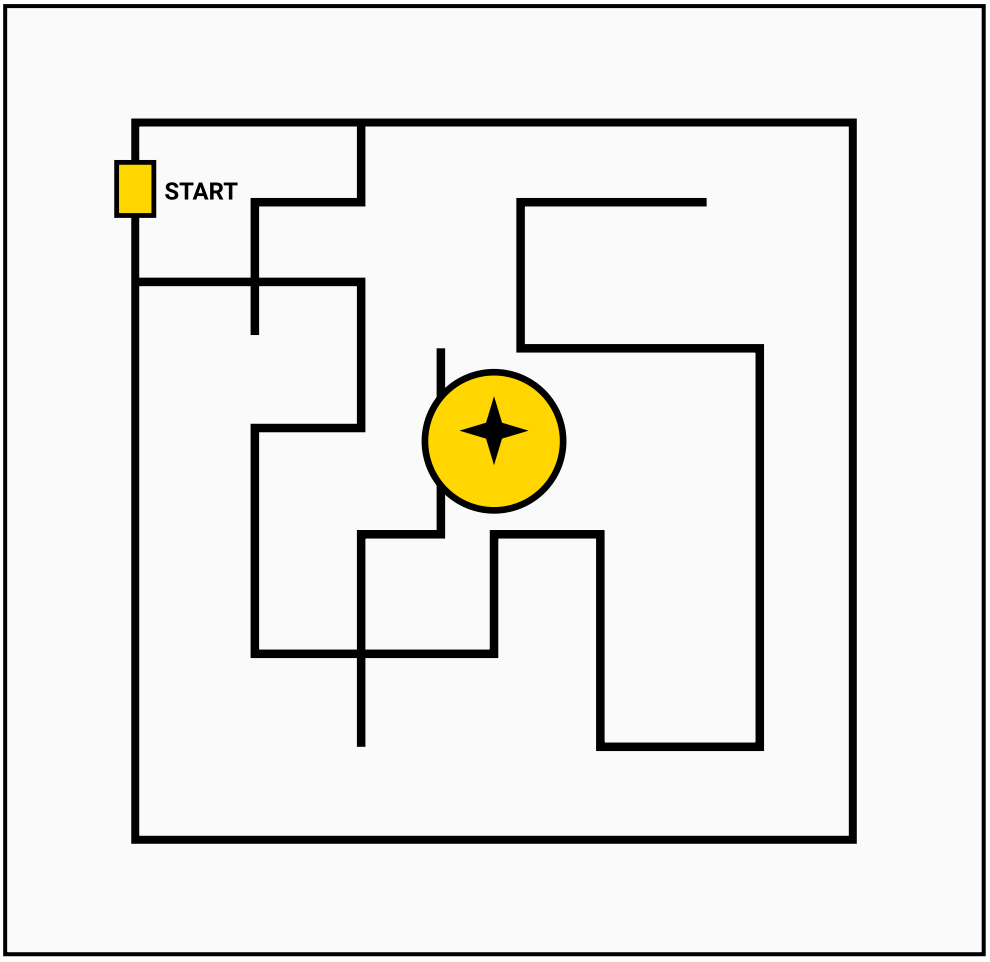
Talk Sense02

THE OVERTHINKING MAZE

VOLUME 01: CORE 30-PAGE MASTER EDITION

WHAT IS OCCUPYING MY MIND? | WHAT IS WITHIN MY CONTROL? | ONE SMALL NEXT STEP



PART 1: PAGES 01 TO 30 OF THE 50-PAGE PROGRAM

KINESTHETIC COGNITIVE THERAPY FOR MENTAL STUCKNESS & CLARITY

100 Mindful Mandalas for Mindfulness & Growth
Volume 01 • Master Collection Edition • 100-Plate Series

SELF-AWARENESS / WELLBEING / HUMAN BEHAVIOUR / BETTER QUESTIONS / COGNITIVE CLARITY

THE ARCHITECTURE OF MENTAL FREEDOM

"We spend years learning about the world. But rarely enough time learning about ourselves."

Overthinking is recursive processing without directional release. When faced with stress or ambiguity, our thinking loops through imaginary worst-case futures or replays past conversations. **The Overthinking Maze** interrupts this cognitive spiral through physical, motor problem solving coupled with the 3 foundational inquiries of Cognitive Behavioral reframing.

STAGE 01

1. KINESTHETIC INTERRUPTION

Navigating physical maze corridors forces your prefrontal cortex to focus on single sequential steps, shutting off catastrophic loops.

STAGE 02

2. NAME THE NOISE

Writing down what occupies your mind pulls ruminations out of vague cerebral fog and onto paper where they can be observed objectively.

STAGE 03

3. ISOLATE CONTROL

Ruthlessly identify what you can directly influence versus what belongs to external chance, saving precious emotional energy.

STAGE 04

4. ANCHOR MICRO-ACTION

Overwhelm yields to movement. You only need the immediate next 5-minute action to re-establish momentum and agency.

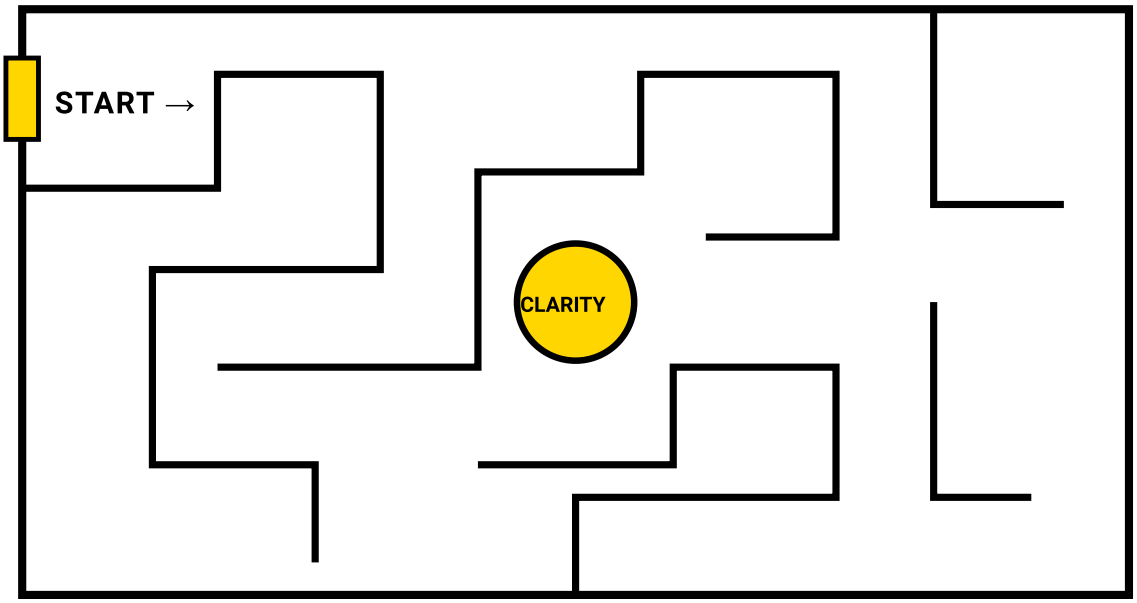
THE 3 REFRAMING PROMPTS ON EVERY WORKSHEET

1. WHAT IS OCCUPYING MY MIND? → 2. WHAT IS WITHIN MY CONTROL? → 3. WHAT IS ONE SMALL NEXT STEP?

TALK_SENSE_02 • EXERCISE 01

1. THE TANGLED CORRIDOR

Trace your path from the Start point to the Clarity Core in the center. Notice dead ends as natural redirection, not failure.



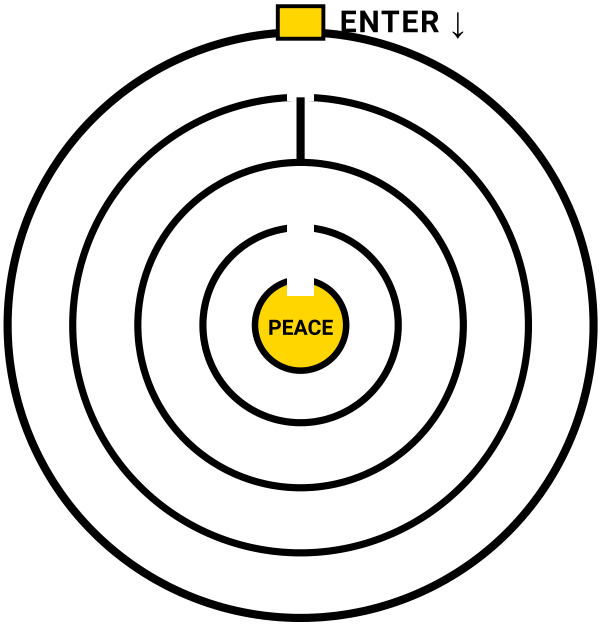
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

MENTAL STATE: ANALYSIS PARALYSIS EXERCISE: TRACE & REFRAME ACTION PACE: DELIBERATE

TALK_SENSE_02 • EXERCISE 02

2. THE CONCENTRIC SOLAR CIRCUIT

Thoughts often circle the same worry. Walk through the concentric rings from outside to inside, unwinding the mental vortex.



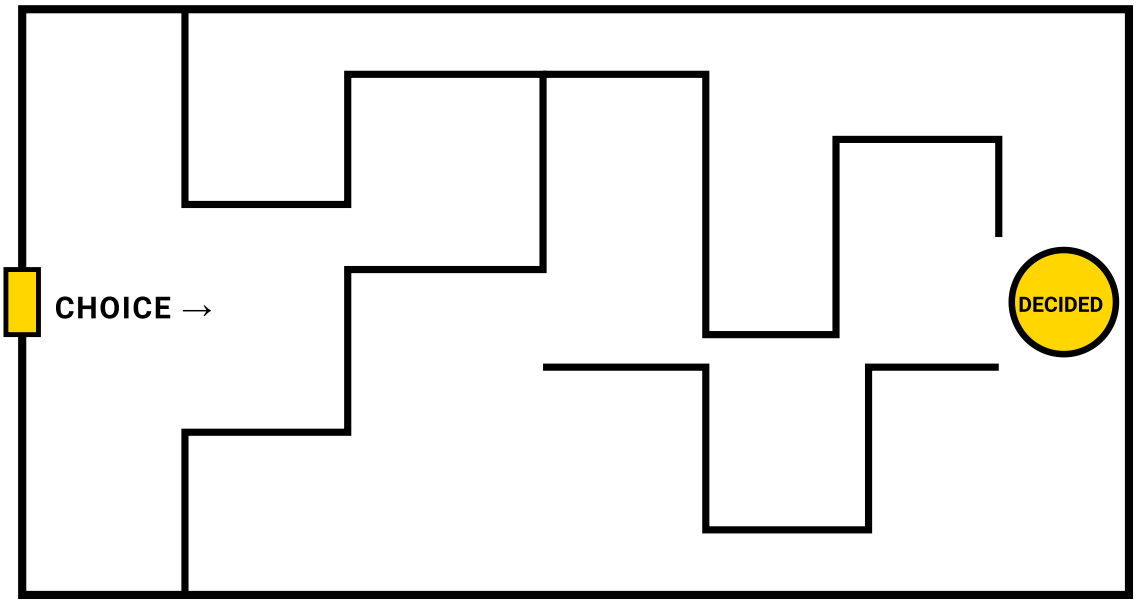
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

PATTERN: CONCENTRIC SPIRAL FOCUS: CENTERING ATTENTION CHECK-IN: SLOW BREATHING

TALK_SENSE_02 • EXERCISE 03

3. THE BIFURCATED DECISION FORK

Torn between multiple paths? Navigate the branching junctions. When you hit an impasse, back up calmly and choose another fork.



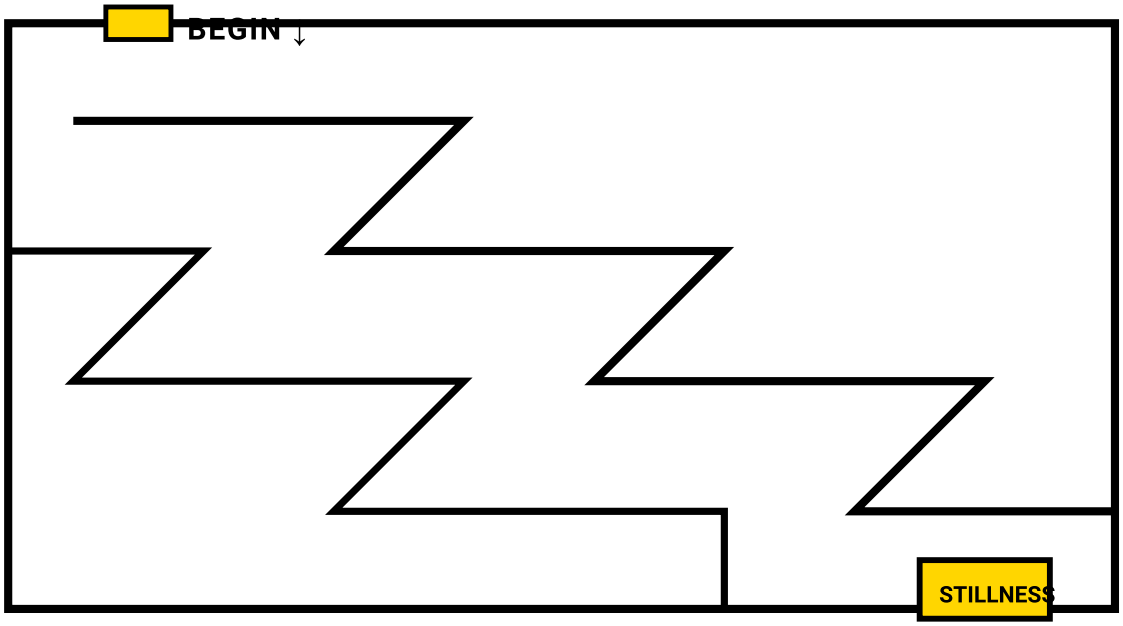
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

CHALLENGE: INDECISION MINDSET: GOOD ENOUGH > PERFECT STEP SIZE: 1 MICRO-ACTION

TALK_SENSE_02 • EXERCISE 04

4. THE RUMINATION ZIGZAG

Racing thoughts feel jagged and sharp. Guide your pen smoothly through the angled terrain to find the still reservoir at the bottom.



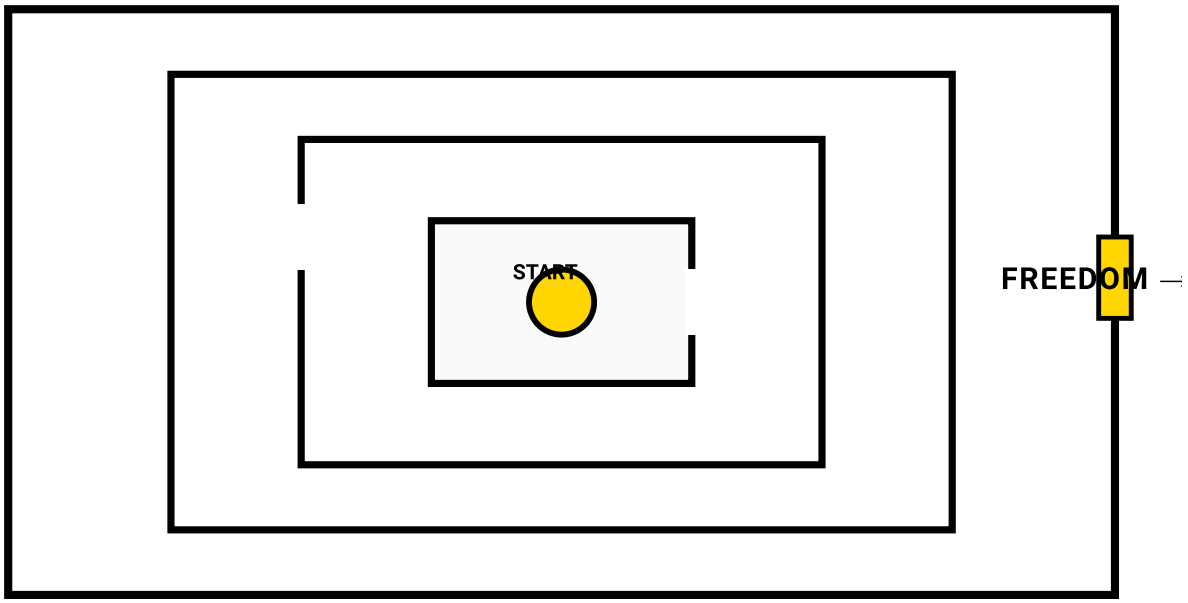
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

FOCUS: INTERRUPTING RUMINATION CADENCE: STEADY & UNHURRIED TARGET: EMOTIONAL STILLNESS

TALK_SENSE_02 • EXERCISE 05

5. BREAKING THE ECHO CHAMBER

When thoughts loop in isolation, they sound louder than reality. Work your way outward from the confined inner room to the open border.



1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

MENTAL TRAP: TUNNEL VISION

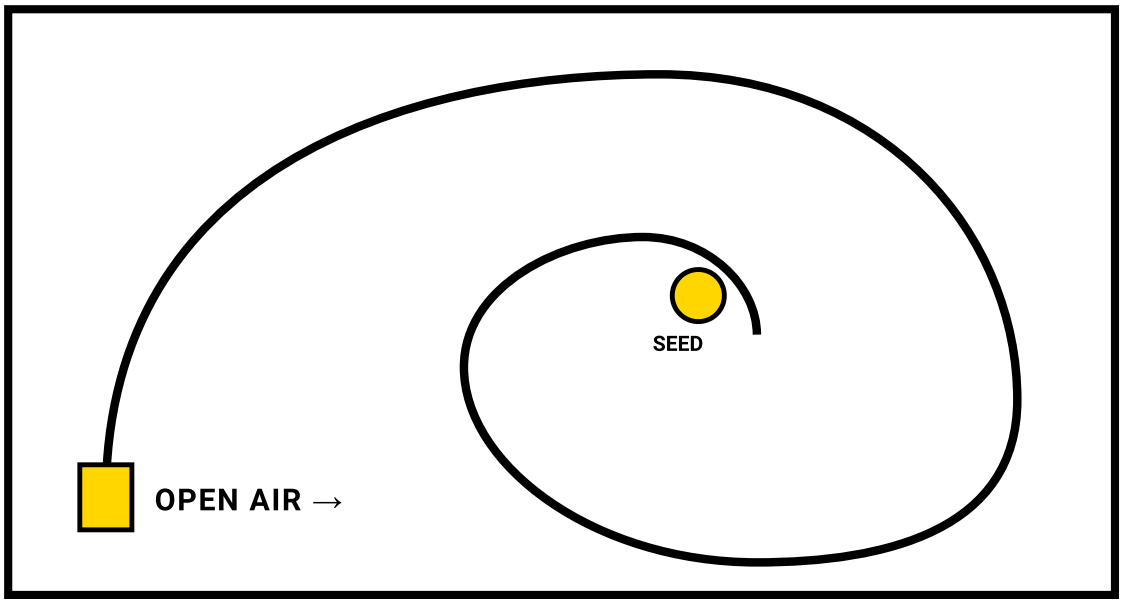
MOVEMENT: INSIDE-OUT

PERSPECTIVE: WIDER HORIZONS

TALK_SENSE_02 • EXERCISE 06

6. THE NAUTILUS UNWINDING

Like an uncoiling shell, thoughts open up when released from pressure. Travel along the spiral corridors to release mental contraction.



1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

FOCUS MOTIF: UNCOILING NAUTILUS

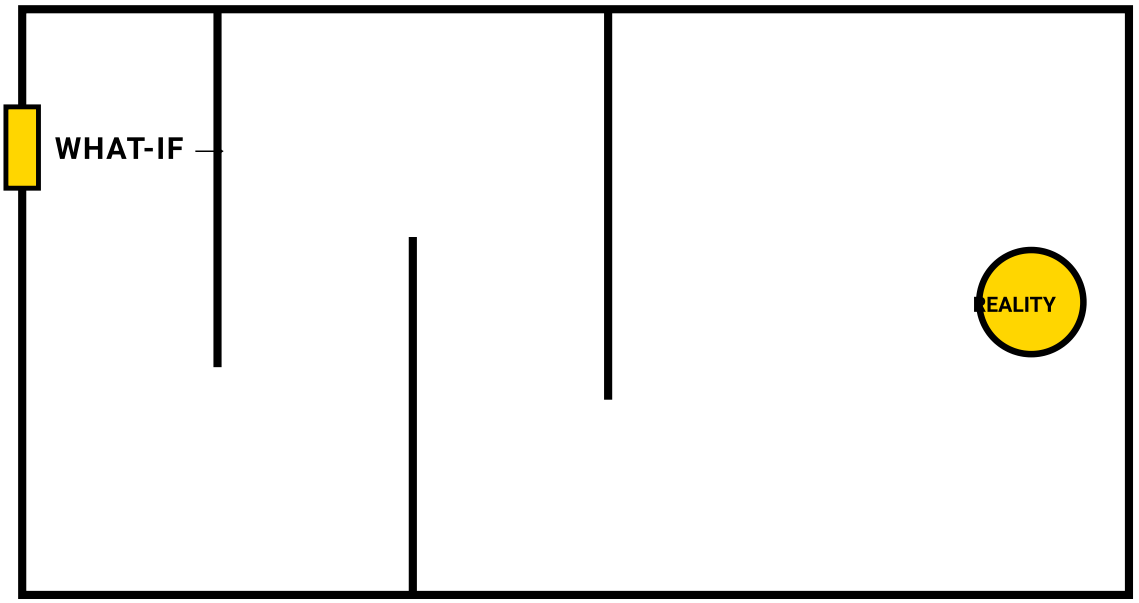
BREATHING CUE: EXHALE EXPANSION

RESOLUTION: SOFTENING SHOULDERS

TALK_SENSE_02 • EXERCISE 07

7. THE "WHAT-IF" FILTER

Distinguish catastrophic imagination from grounded probability. Navigate past hypothetical roadblocks to reach grounded reality.



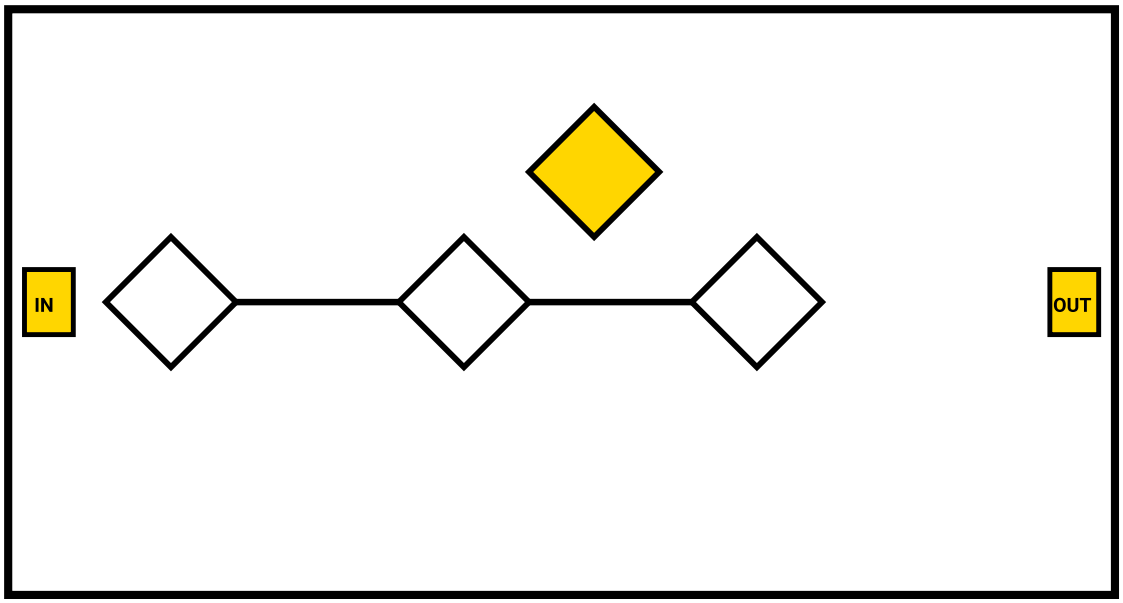
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

TRAP: CATASTROPHIZING ANTIDOTE: OBJECTIVE REALITY MOTTO: RIGHT HERE, RIGHT NOW

TALK_SENSE_02 • EXERCISE 08

8. THE STEPPING STONE TRAVERSAL

You do not need to leap across the entire chasm at once. Move stone by stone through the grid, honoring each small completed movement.



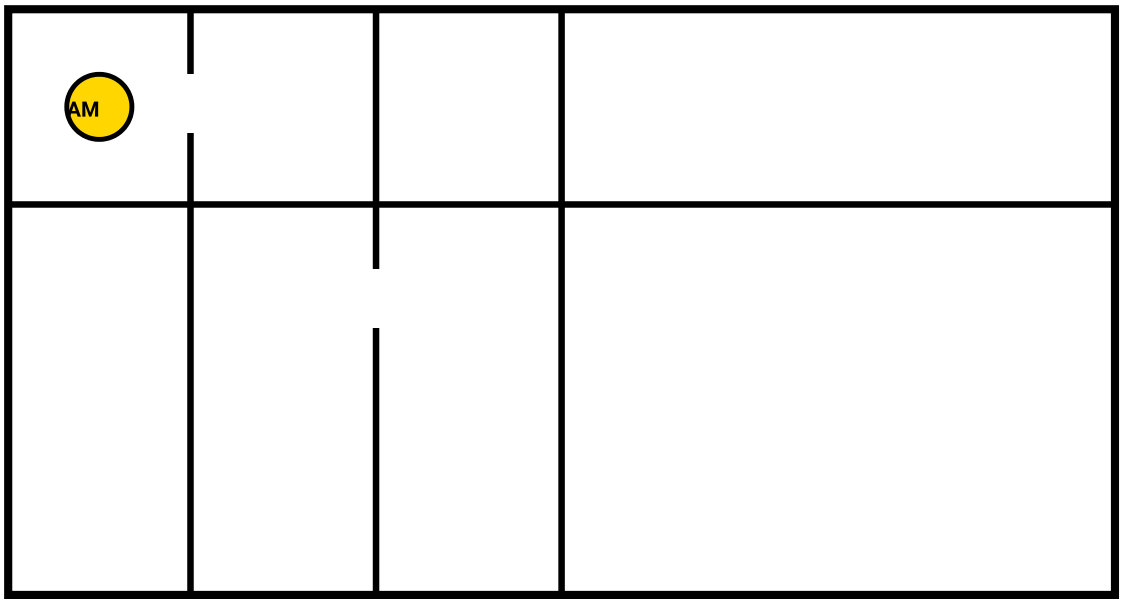
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

TECHNIQUE: MICRO-STEPPING MENTAL LOAD: LOW & DISTRIBUTED PACING: ONE DAY AT A TIME

TALK_SENSE_02 • EXERCISE 09

9. THE 24-HOUR HORIZON

Stop solving the next five years in one afternoon. Navigate this 24-compartment grid, focusing strictly on what can be accomplished today.



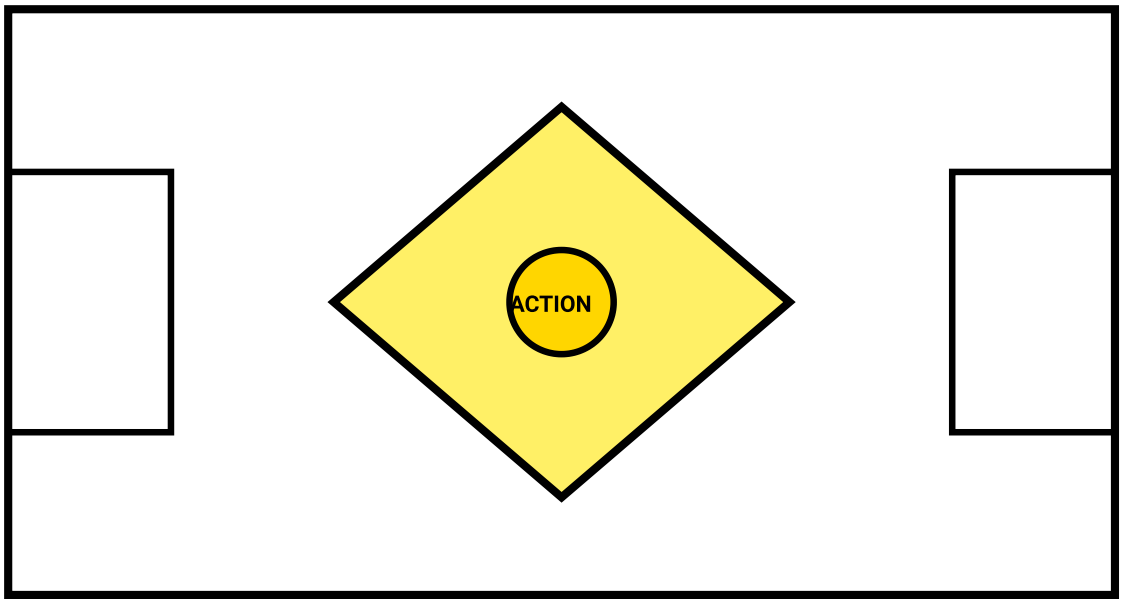
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

HORIZON: NEXT 24 HOURS FOCUS: CURRENT AVAILABLE ENERGY STANDARD: PROGRESS OVER PERFECTION

TALK_SENSE_02 • EXERCISE 10

10. THE ULTIMATE CLARITY CROSSING

Integrate everything: observe the maze of doubts, steer directly through the core, and anchor your final actionable reframing.



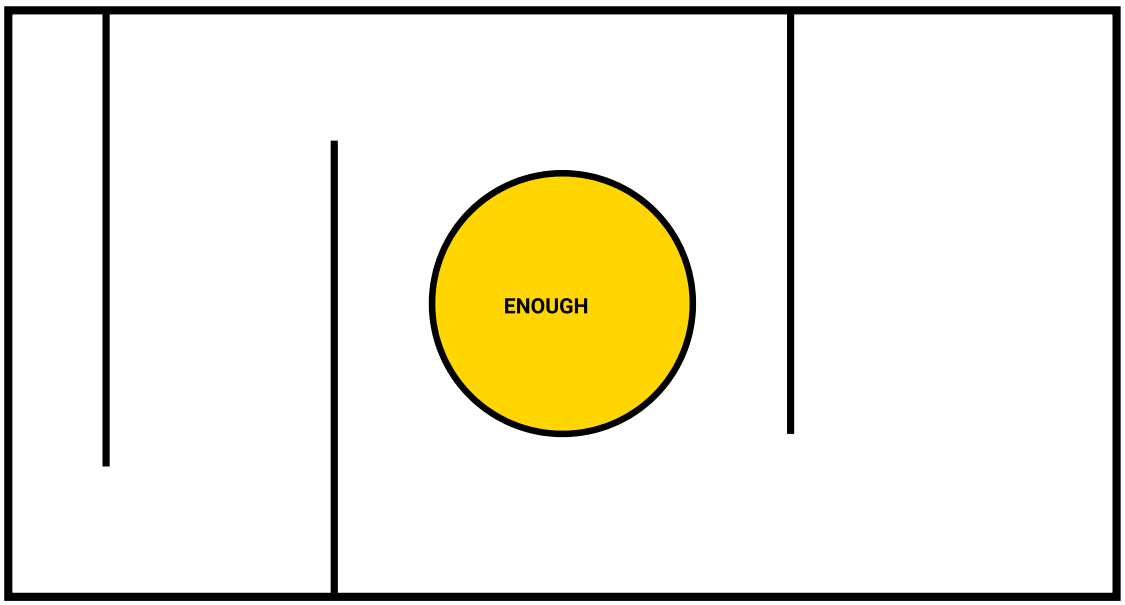
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

INTEGRATION: MASTERY MINDSET: UNSHAKABLE CLARITY OUTCOME: DECISIVE ACTION

TALK_SENSE_02 • EXERCISE 11

11. THE PERFECTIONISM TRAP

Demanding flawless outcomes builds impassable walls. Choose the imperfect open path.



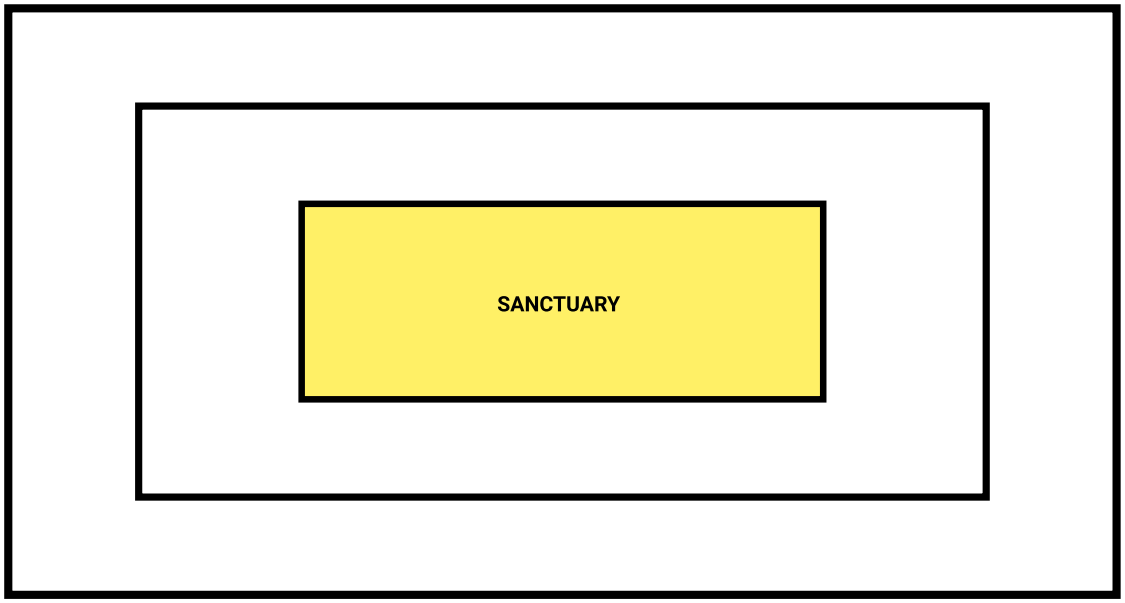
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

TRAP: ALL-OR-NOTHING FOCUS: B-PLUS EFFORT TARGET: RELEASE PRESSURE

TALK_SENSE_02 • EXERCISE 12

12. THE BOUNDARY LABYRINTH

Saying yes to everything creates mental congestion. Reinforce strong outer edges.



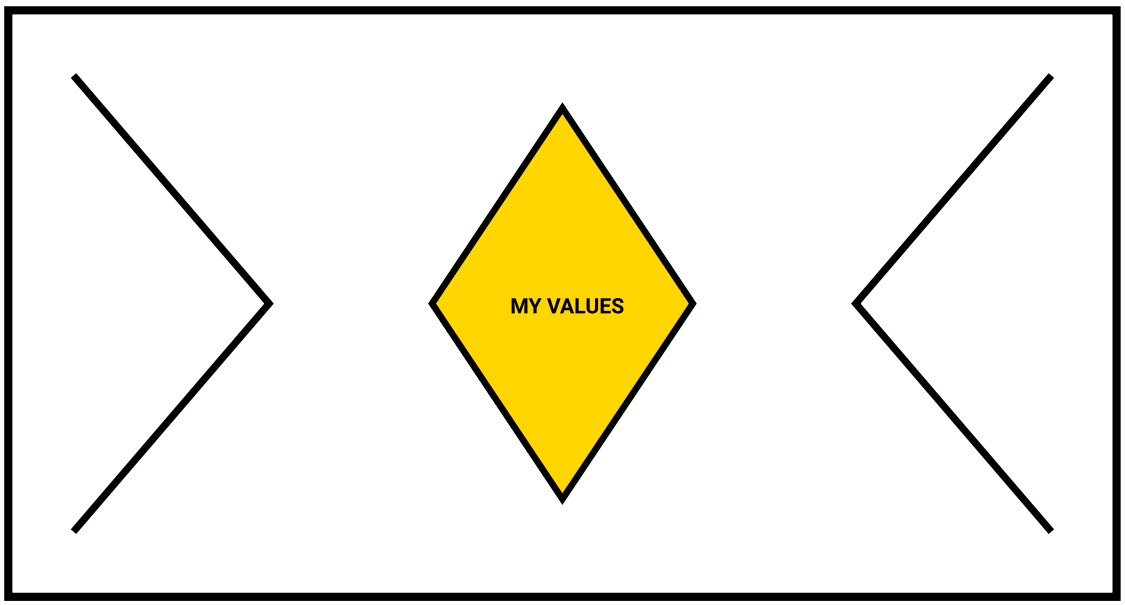
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

SKILL: CLEAR LIMITS ENERGY: CONSERVE CAPACITY RESPONSE: GENTLE NO

TALK_SENSE_02 • EXERCISE 13

13. RELEASING EXTERNAL VALIDATION

Stop asking what others expect. Follow the inner compass to internal approval.



1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

FOCUS: INTERNAL LOCUS CHECK: WHO AM I PLEASING? ACTION: SELF-TRUST

TALK_SENSE_02 • EXERCISE 14

14. THE CHRONIC URGENCY LOOP

Not everything urgent is truly important. Slow down your pen to find genuine priorities.



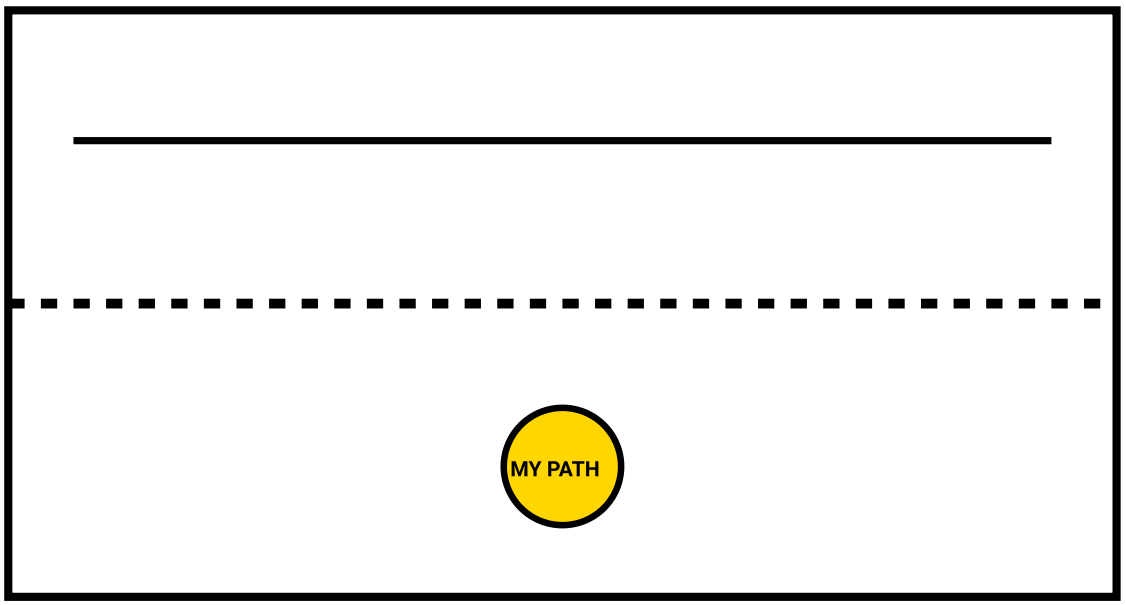
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

URGENCY: FALSE ALARM PACE: STEADY BREATHING RESULT: PRIORITY ANCHOR

TALK_SENSE_02 • EXERCISE 15

15. THE COMPARISON TRAP

Looking at others' timelines clogs your own channel. Stay strictly inside your lane.



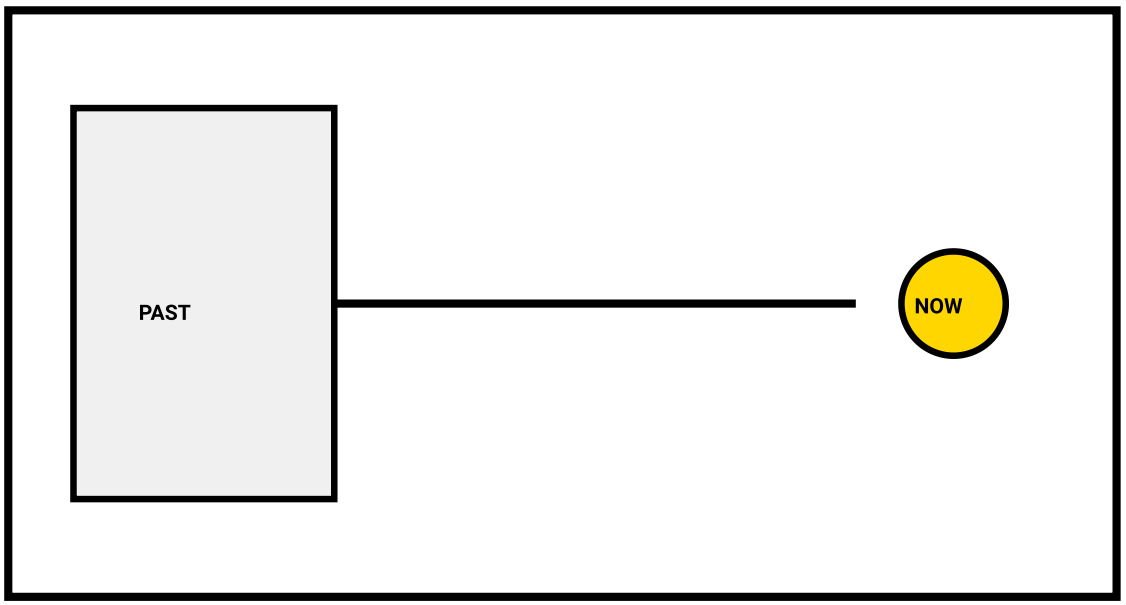
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

FOCUS: MY OWN TRACK ANTIDOTE: SELF-COMPASSION METRIC: PERSONAL GROWTH

TALK_SENSE_02 • EXERCISE 16

16. THE PAST REGRET LOOP

You cannot rewrite the entrance. Steer forward into the open future corridor.



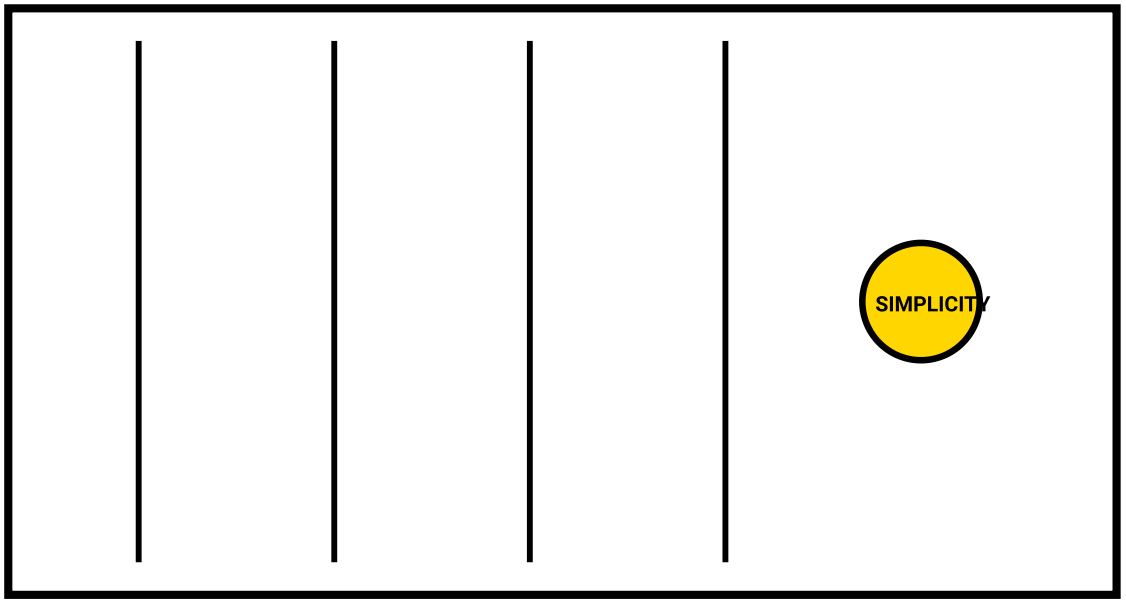
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

FOCUS: PRESENT AGENCY RELEASE: YESTERDAY'S WORDS DIRECTION: FORWARD MOTION

TALK_SENSE_02 • EXERCISE 17

17. INFORMATION OVERLOAD

More research will not eliminate risk. Trust what you already understand.



1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

TRAP: ENDLESS TAB HOARDING

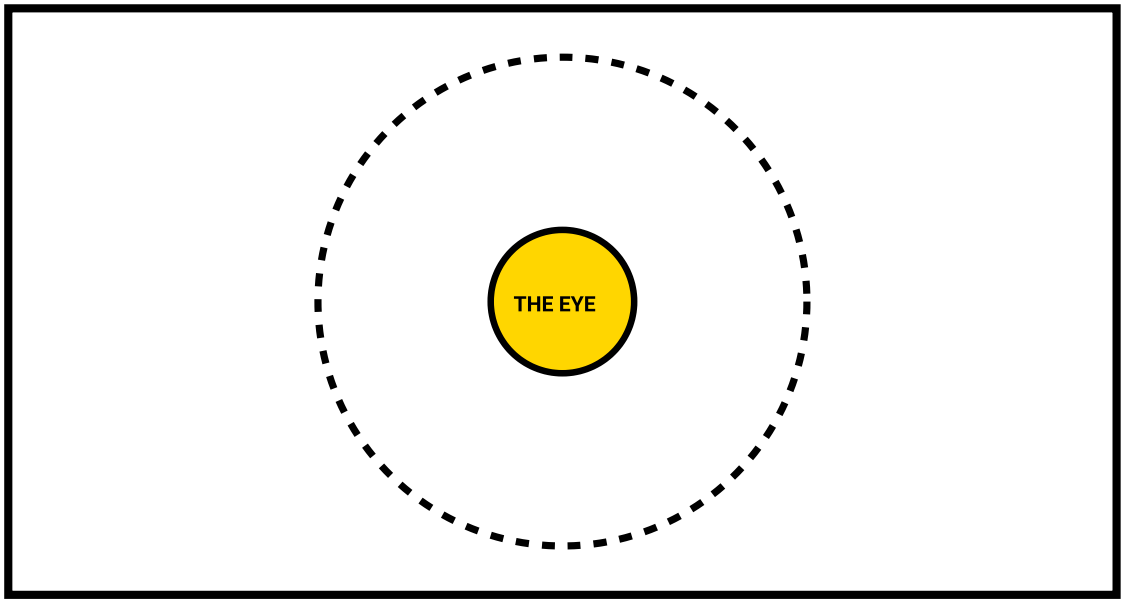
SHIFT: FILTER TO 1 TRUTH

ACTION: BEGIN NOW

TALK_SENSE_02 • EXERCISE 18

18. THE EMOTIONAL STORM CHAMBER

Feelings are weather systems. Stay centered in the eye of the storm until the winds pass.



1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

SOMATIC STATE: AROUSAL SPIKE

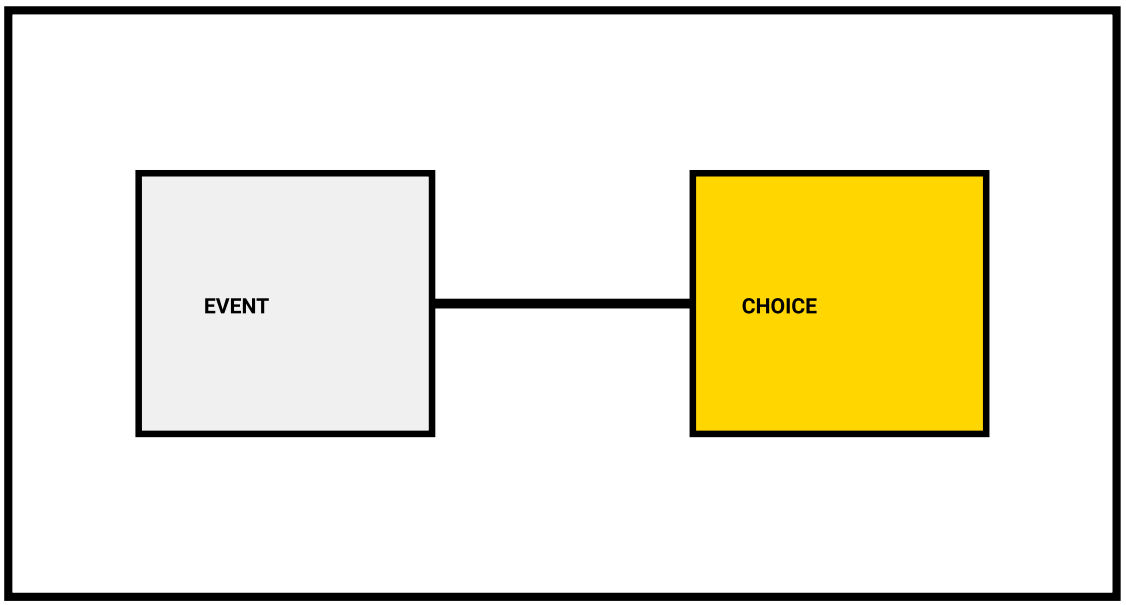
GROUNDING: FEET ON THE FLOOR

TRUTH: STORMS PASS

TALK_SENSE_02 • EXERCISE 19

19. THE LOCUS OF RESPONSE

Between stimulus and response lies your freedom. Walk into that deliberate space.



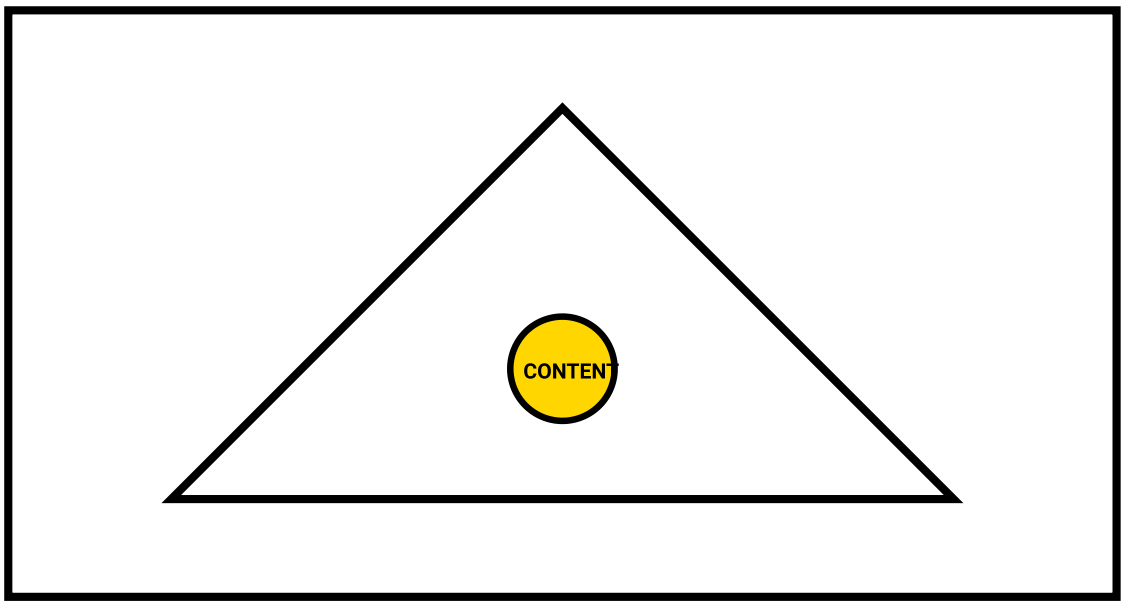
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

POWER: YOUR REACTION SPACE: THE CONSCIOUS GAP AGENCY: 100% OWNED

TALK_SENSE_02 • EXERCISE 20

20. THE FEAR OF MISSING OUT

Every choice requires letting go of another option. Celebrate the joy of missing out.



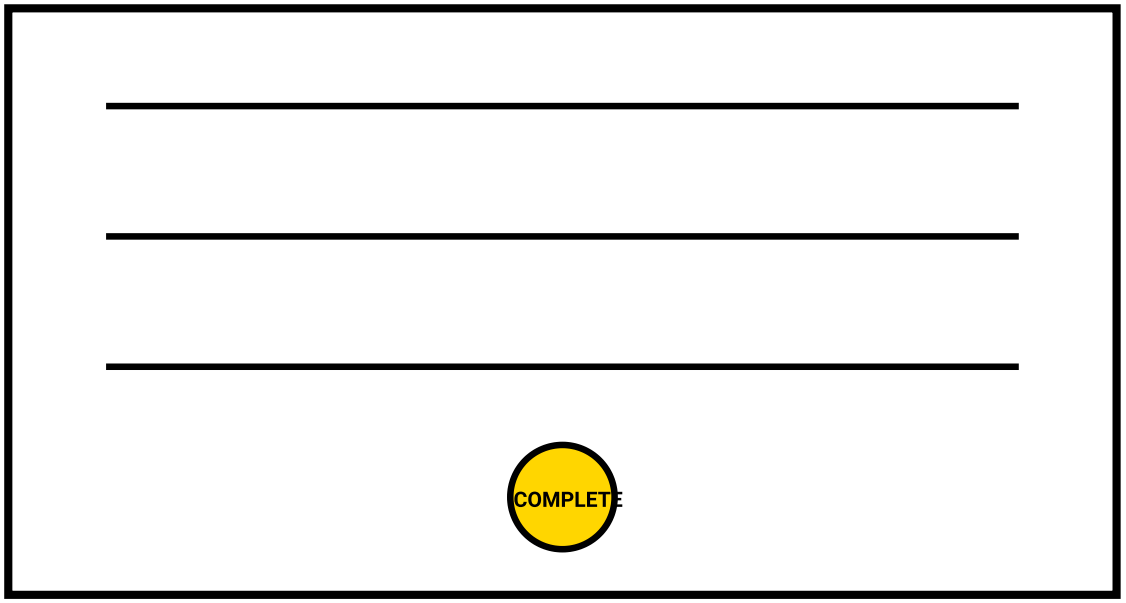
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

TRAP: SCARCITY MINDSET SHIFT: GRATEFUL PRESENCE FOCUS: WHAT IS HERE

TALK_SENSE_02 • EXERCISE 21

21. THE UNFINISHED TASK BACKLOG

Open mental loops deplete cognitive RAM. Close or cross out one lingering item today.



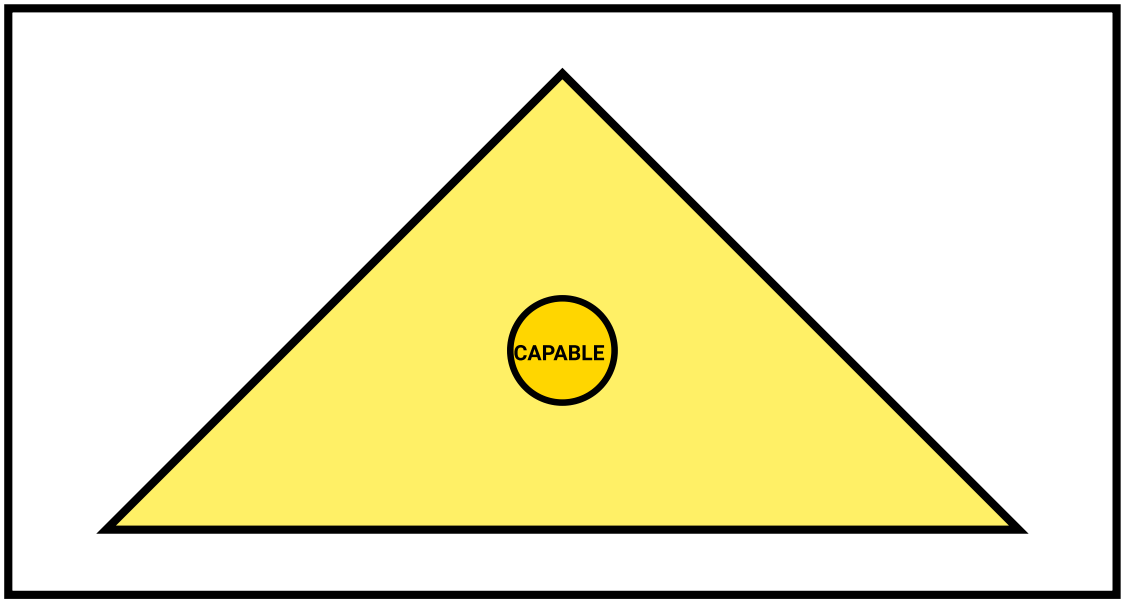
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

SYMPTOM: ZEIGARNIK EFFECT REMEDY: CLOSE OR DELETE METRIC: LIGHTENED MIND

TALK_SENSE_02 • EXERCISE 22

22. THE IMPOSTER DEFENSE

Doubt does not mean incompetence. Navigate through the self-criticism maze.



1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

TRAP: DISCOUNTING STRENGTHS

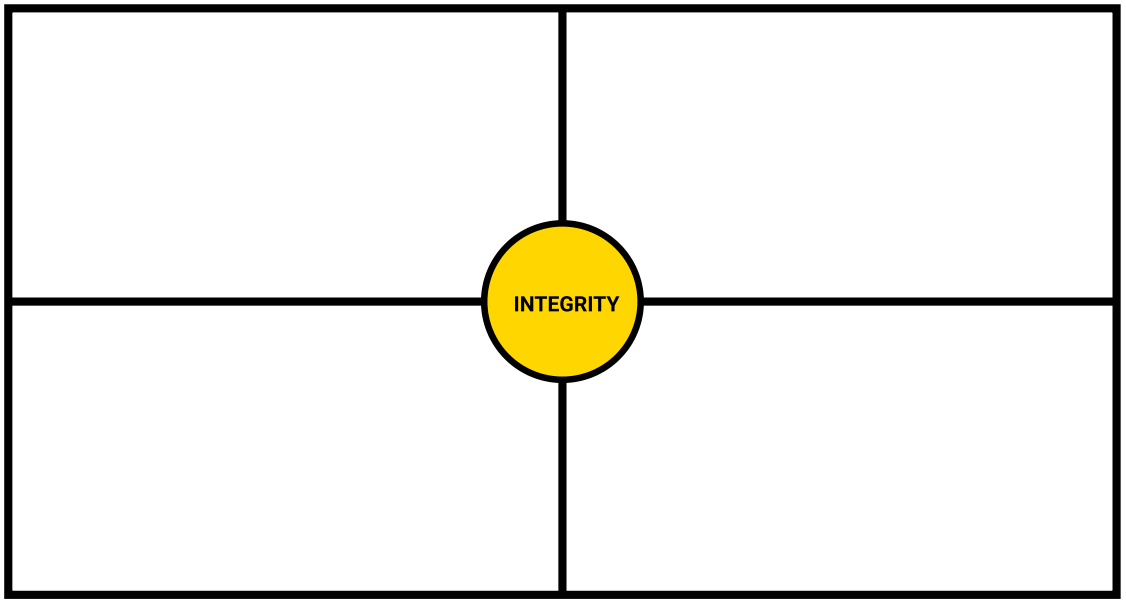
TRUTH: EVIDENCE OF GROWTH

MOTTO: I BELONG HERE

TALK_SENSE_02 • EXERCISE 23

23. THE PEOPLE-PLEASING WEB

You cannot manage other people's emotional reactions. Return to self-fidelity.



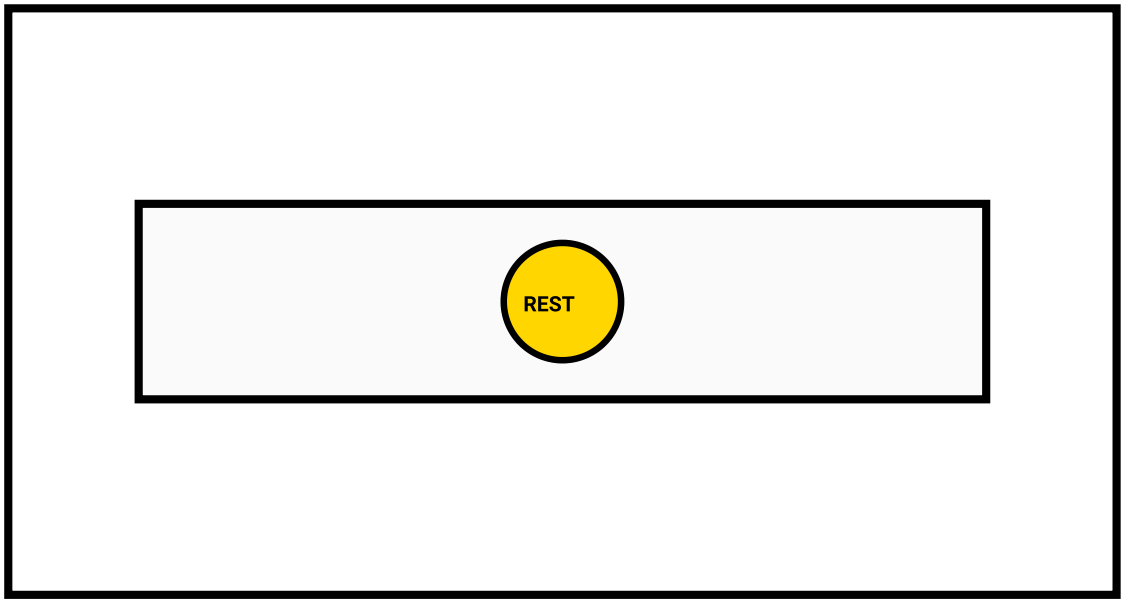
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

BURDEN: MANAGING REACTIONS RELIEF: CLEAR HONESTY FOCUS: INTERNAL PEACE

TALK_SENSE_02 • EXERCISE 24

24. THE EXHAUSTION THRESHOLD

Fatigue masquerades as deep existential despair. Rest is a strategic intervention.



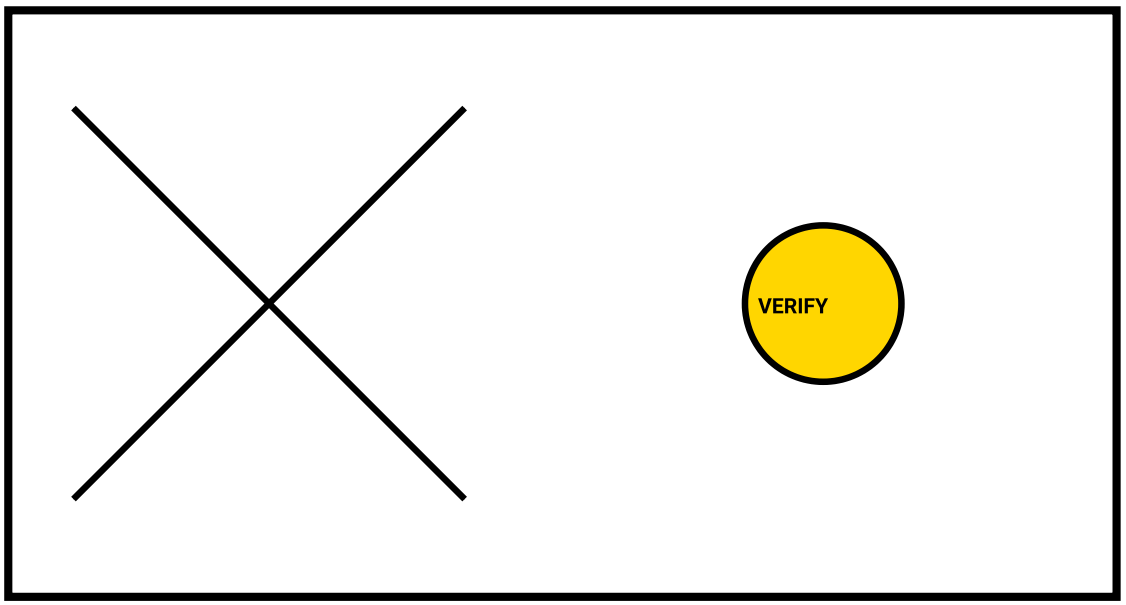
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

DIAGNOSIS: DEPLETED RESERVES PRESCRIPTION: SLEEP & WATER ACTION: PERMISSION TO STOP

TALK_SENSE_02 • EXERCISE 25

25. UNRAVELING ASSUMPTIONS

Notice what you are treating as fact that is actually just an unverified projection.



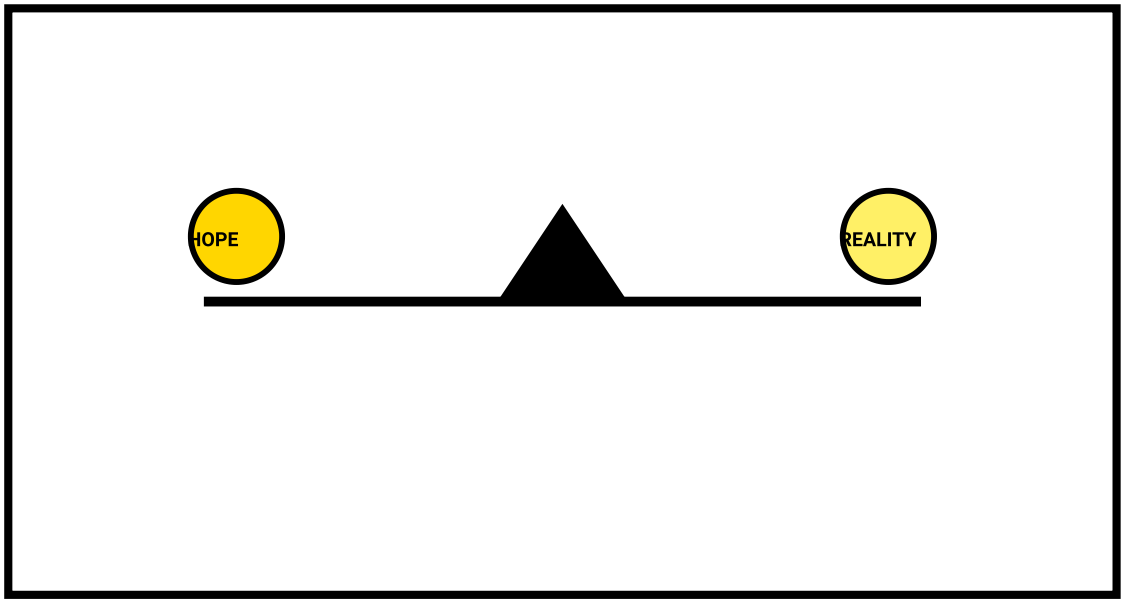
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

INQUIRY: IS THIS TRULY TRUE? FILTER: FACTS OVER STORIES CLARITY: HIGH

TALK_SENSE_02 • EXERCISE 26

26. EMOTIONAL EQUILIBRIUM

Balance the scales of thought. Give equal weight to positive and hopeful possibilities.



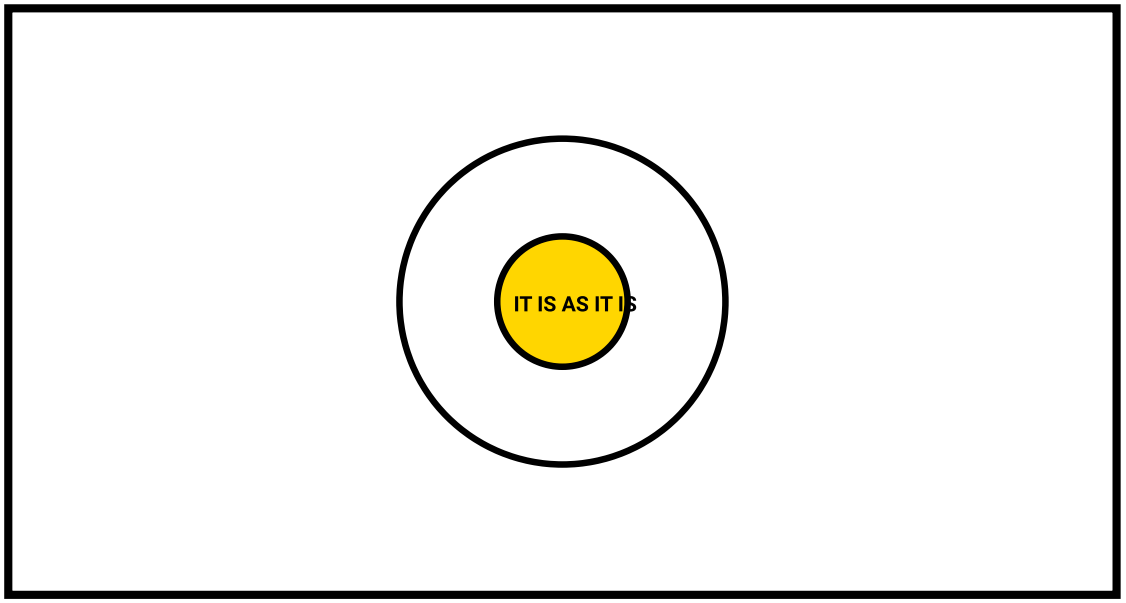
1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

FOCUS: BALANCED SCALE CHECK: EQUAL WEIGHT RESULT: GROUNDED OPTIMISM

TALK_SENSE_02 • EXERCISE 27

27. RADICAL ACCEPTANCE

Pain is inevitable; suffering is the resistance to pain. Surrender resistance to this maze.



1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

PRACTICE: DROPPING THE ROPE

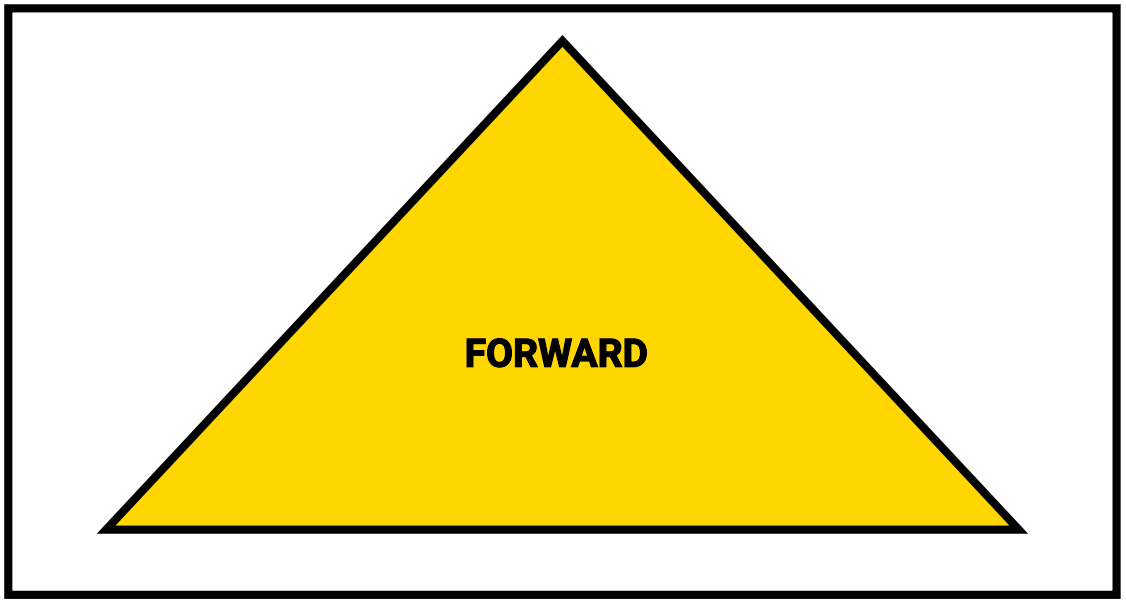
STATE: OPEN PALMS

PEACE: UNCONDITIONAL

TALK_SENSE_02 • EXERCISE 28

28. THE HORIZON OF DECISIVE ACTION

You have cleared the maze. Step out of deliberation and claim your next forward move.



1. OCCUPYING MY MIND	2. WITHIN MY CONTROL	3. ONE SMALL NEXT STEP

FINAL STEP: ACTION OVER CONTEMPLATION

MINDSET: DECISIVE MOVEMENT

RESOLVE: UNWAVERING