

# HOW TO TAME YOUR

# *Overthinking* MIND



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My name is *Amanda Towne* and I was a chronic overthinker for most of my life. I have a very logical and analytical mind that has served me well during my life. It served me well in school, problem solving, and analyzing information in my job as a CPA and Corporate Accountant. But always analyzing, weighing different options, measuring the cost/benefit of scenarios lead me to live in my head most of the time. I was trapped in my own mind and didn't even realize it.

Instead of being present in my life and enjoying my life, I was always thinking about what I should be doing or analyzing people or situations. I was always judging and comparing and looking at how things should be "perfect" - whatever perfect actually is... and I held myself to these standards of being perfect. Since I wanted others to see me as perfect, I couldn't let them get too close because then they would see the imperfections or "flaws" that I was so desperately trying to hide. I was using so much of my energy in these thought processes about things that didn't even matter. I'm sure I missed many opportunities because instead of following my instinct or inspiration, I would hold myself back by overthinking everything. Instinct and inspiration were also stifled because it's hard to be creative or inspired when you have such tight reigns on everything and the way things "should be".

This sounds like a pretty miserable life. On the outside, I seemed calm, collected, poised and put together.... But it was a "front".... Inside I didn't feel this way, I was afraid to let anyone really see me or get to know me because I didn't consider myself ever perfect enough. I was able to live this way and attained success in my career. But the pressure I put on myself was building. The pressure to be perfect and the pressure to always figure out everything. If you would have asked me back then, there was no problem with the way I was living my life... everyone lives and thinks this way



and I was living my life with a successful career and marriage. It wasn't until after the divorce, after ending up in the hospital with a burst appendix, after working at a company going through Chapter 11, after being on Zoloft and sleeping pills, that I realized one day that this was no way to live. Even after attaining certain levels of personal and financial success, I wasn't happy and didn't feel fulfilled. Instead of being engaged and present in my life, I was always trying to achieve higher levels of "success".

In 2013, I picked up and moved across the country from Nebraska to North Carolina. I had completed a year long yoga teacher training and I took 8 months off work to reprioritize. I was ready to start life in a new way with less stress. It worked.... for a while, but there was still something missing and I didn't feel fulfilled. I was still searching and seeking for something else. I still didn't feel connected to life. I had definitely made improvements and I was able to be more present, but I was still stuck in my head most of the time. I struggled with meditation and didn't know how to stop my mind from racing. My mind was always turning on something and I had difficulties sleeping.

I continued on this path until 2017. After a painful ending of a relationship, I didn't know what to do. So I sat down to meditate. It was only 15 minutes and I was surprised at the relief it gave me. This was the beginning of my meditation practice. I've had a daily meditation practice since then. I've tried many different types of meditation including silent, guided, etc.



Different types of meditation have resonated with me at different times, but meditation definitely makes a difference.

In 2018, I decided to leave the Corporate World to travel and explore. I gave myself initially one year and it ended up being 18 months. After spending this much time away, I knew I didn't want to go back to a typical corporate setting and give up my freedom. I found various modalities and processes to help tame my overthinking mind. I finally found freedom from the racing thoughts, the constant judging and comparing, and I'm now able to be my authentic self and have authentic relationships.

Can you relate to my story? Are you also suffering from an overthinking mind? Does your mind constantly overthink and overanalyze?

If you have an overthinking mind, you may be suffering from some, or all, of the symptoms listed below.



## SYMPTOMS OF AN OVERTHINKING MIND

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### INSOMNIA

When you're not able to turn off your mind, sleep can be difficult and sometimes feel impossible. Some Overthinkers can't fall asleep, others fall asleep quickly because their brain is exhausted from overthinking but wake up in the middle of the night thinking, then they aren't able to fall asleep again.



## ANXIETY

Overthinking leads to an anxious feeling because you are always analyzing or thinking about something. This anxiousness can be mild or it can develop into full blown anxiety.

## WORRY

Often times overthinking can be worry about the future and always trying to plan ahead. Planning ahead is not a bad thing, but it can be bad when it leads to worrying and trying to control the outcome of everything.

## FAILED RELATIONSHIPS

It's hard to have a healthy relationship with family, friends, or a significant other when you are living in your head. When you are constantly assessing, analyzing and comparing, it makes it difficult and sometimes impossible to authentically connect with others.

## INNER CRITIC

We all have an Inner Critic that tells us we can't, we're not good enough, we'll never succeed, or we're not worthy of our desires. Overthinking fuels this Inner Critic with more doubt and skepticism.

## ANALYSIS PARALYSIS

There's never just one way to solve a problem. There are always multiple options and scenarios. Overthinkers get STUCK in analyzing these options and feel paralyzed when faced with making a decision.



## JUDGMENT AND CRITICISM

Part of Overthinking is comparing...comparing all of the options, scenarios, pros/cons, etc. This comparing leads to judgment, and judging something as right/wrong or good/bad leads to criticizing what is perceived as wrong or bad.

## PERFECTIONISM

Perfectionism is a by-product of overthinking and comparing. When you are always looking for what can be improved or what's wrong, nothing is ever good enough - it can always be better. The pursuit of perfection can be endless and exhausting.

## DISCONTENT

It's hard to be content when you overthink everything. If you are always in your head thinking and analyzing, you are never really present in the precious moments of your daily life. You miss out because your mind is always somewhere else.

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*Only you can take inner freedom away  
from yourself, or give it to yourself.  
Nobody else can.*

*- Michael Singer*

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## UNDERSTANDING YOUR OVERTHINKING MIND

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Your mind wants a job. Your mind thinks it's job is to protect you. If you go back to caveman days, the mind was always on the lookout for predators or dangers in the environment. Life was more about survival then. The mind can still get stuck in survival mode if you let it.

The mind wants to look for danger and things to avoid - looking for worst case scenarios and playing out "what if" games of the worst thing that could happen. The truth is, we don't need to protect ourselves from all of the unseen predators and dangers. Thinking about them brings more of the energy of fear and creates anxiety. If you step back, the fear is just in the mind.... It's FALSE EVIDENCE APPEARING REAL. It's not real, it's only in your mind and the fear itself and the anticipation of something bad happening or the "other shoe dropping" is creating more of the emotions and chemicals in your brain and body than if something bad actually did happen. By thinking about it all the time, you are creating the sensation in your mind and body and you are in fight or flight mode. Oftentimes this starts out very subtle and we don't even notice because we are so accustomed to this feeling of fear, worry and doubt.

After time, we notice the symptoms as they come out by impacting our health, our relationships, our careers and our satisfaction or enjoyment of life. Often by the



time it gets bad enough, we still have no idea that this has been building up and has been created in our minds. We are baffled why we can't sleep at night, why we feel anxious all the time, why we don't have close authentic relationships with true intimacy, and why we don't experience joy.

To add on to this, you may have experienced trauma that has left lingering feelings of being unsafe. You may have built up extra defense mechanisms to always be thinking ahead and planning ahead so you feel safe - even though this is a false sense of safety. You may feel like you always need to be in control to feel safe. But the truth is, the only way you have control is when you let go. It seems counter-intuitive but it's true, you have to let go of the fear, doubts and worry. Trying to control everything is just sending you into more feelings of being anxious and worried.

Education and society has also taught us that it is a benefit to use logic and analyze. We look at the pros and cons of situations, we slice and dice big data to try and make sense of it. We live in our heads to figure it out. We try to plan each step so carefully so we don't make a mistake. This may be useful in the corporate world, but individually, it's exhausting and leads to your mind being overworked so it doesn't know how to relax. Your mind goes into overdrive and it doesn't know how to slow down or stop. This is when you stop sleeping. This is when you wake up in the middle of the night and you don't know why your mind is going a million miles an hour. Think of all the energy your mind is using. This is energy that could be going to the rest of your physical body for your vitality and regenerating cells.

This need to control is what leads to perfectionism. When you analyze things, you're always looking at how it could be better, so nothing is ever quite good enough. This translates into relationships and how you look at people - comparing, judging and assessing. Other people can feel it. It creates a barrier so that you can't really get close to someone authentically. You're terrified to let down your guard because someone else might see that you are not perfect. That's where the



judgment begins... with judging yourself, then holding other people to the same perfectionist standards.

Does any of this sound familiar to you? Are you exhausted by it? Are you ready to tame your overthinking mind and free yourself?

In a nutshell, the overthinking mind is fueled by FEAR... FEAR of re-experiencing negative emotions, past trauma, or perceived failure. By working through these things, you take away the fuel that fuels the overthinking mind, you take it's power away. You free yourself and your mind.

## IDENTIFYING THE ROOT CAUSE

So what do you do now? How do you tame your overthinking mind?



I'll start with simple ways to tame the mind:

*Turn down the noise.* Turn down the amount of stimulus your mind is receiving. You don't need your phone to flash, make noises and alert you every time you get an email, every time you have a transaction in your account, every time someone posts to social media, or sends you a text. All of these are distractions and stimulus for your mind so that your mind doesn't get to a state of peace and calm until it goes to sleep at night.



Here are some simple things you can do during the day:

- Turn off all unneeded notifications on your phone.
- Use the sleep or do not disturb function on your phone during certain hours, especially before going to bed and first thing in the morning.
- Create quiet space for yourself during your day where you are free from stimulus from your phone or computer. Going out in nature without your phone or put your phone on do not disturb and airplane mode.
- Have a morning routine to get yourself in a calm and steady place before starting your day. Don't check your phone, turn on the TV or radio until AFTER this morning routine is done.



### *Start a meditation practice.*

Meditation is like rest for your brain. You're providing a space of calm where your brain can rest without going to sleep. In meditation, you are retraining your brain to not follow every single thought and get caught up in the whirlwind of bouncing thoughts. You can have a place of ease to observe the thoughts and let them go without attaching to them. You are creating space between your thoughts, and with time, this space between thoughts can become wider and wider. If you don't learn how to relax your brain during the day, you go to bed at night with a restless mind.



You may fall asleep immediately because you are mentally exhausted, but then you wake up in the middle of the night because your mind wants to start thinking again and you can't fall back asleep. If you meditate during the day, your mind gets rest so that at night, you can go to sleep without being mentally exhausted and you can have a restful and peaceful night's sleep all through the night. Meditation also has many, many other health benefits like reducing stress, lowering blood pressure, relaxing your body, etc.

*Practice being in the here and now.* If you are having a conversation with someone, practice being completely present with the other person. Don't check your phone, don't look at other people to see what someone else is doing, don't analyze, judge or compare the other person, don't let your mind go to all the other things you could be doing at the moment. Just be in the moment and appreciate connecting in an authentic way.

*Learn to be present in your body.* Oftentimes we take our body for granted and we don't have body awareness. It may take pain or sickness for us to listen to our bodies and pay attention. Before the point when your body gets to pain or sickness, there are subtle cues the body gives you. You want to be in tune with your body so you have an awareness and you feel present in your body. There are many ways to be present in the body. Doing exercise or being active can get you present in your body, if you are being mindful about it. Some great exercises that are mindful are yoga, tai-chi, and qigong. You don't have to take up one of these exercises though. When you are walking or doing any type of physical exercise, you can be present by being mindful of your body and noticing how it feels. Appreciating your body for all that it does for you is another great way to be in tune with your body. Our bodies do so much for us without us even thinking about it. Take moments to appreciate all the functions your organs are doing automatically without you even thinking about it. Another great way to be present in the body is through breathwork. This can be done as part of a meditation routine where you control the inhale and exhale and notice the breath. Here is a link to one of my meditations: [https://youtu.be/1Oc2z\\_BwWYs](https://youtu.be/1Oc2z_BwWYs).



*Journaling* is a great way to do a “mind dump”. I know many people don’t like to journal and I used to be one of those people long ago. In this type of journaling, there is no purpose but to write whatever comes to mind and dump out the thoughts through writing. It doesn’t need to make sense, be grammatically correct or spelled correctly. The point is



to just write. Set a timer and don’t let your pen stop writing until the timer goes off. Ten or fifteen minutes is long enough if you keep writing and let it go. When you’re done, you can throw it away. The point is to just clear your mind.

*Work with a well trained facilitator* to find the underlying triggers and fears. This isn’t therapy. This is a process to find the underlying root causes and to shift the perspectives and beliefs that are running in your subconscious mind. The subconscious mind holds all of your memories as stories. These memories are also charged with emotions based on your perspectives of what happened in the past. It’s the story you keep telling yourself. This is happening on auto pilot and you are probably not even aware of the underlying beliefs you created when you were very young. It doesn’t even need to be something traumatic, it’s all based on what you made an event mean and the emotions that it keeps triggering. These stories and thought patterns keep looping in the background and you can find patterns in your life and how these stories are affecting your life in numerous ways. You don’t need to go through a dark night of the soul to find these patterns, you just need to have an intention and work with someone that can lead you through the process.



I developed the program How to Tame Your Overthinking Mind to free individuals that are trapped in these mind loops of overthinking. My program uses meditation and daily practices as a foundation to create a steadiness in your mind and to retrain your brain to create a calm and peaceful inner environment. Once the steadiness is created, I use techniques to access the subconscious mind and identify the underlying root causes of the overthinking. By identifying these root causes, the triggers can be easily released. Hypnosis and other processes are used to reprogram the subconscious mind and retrain your mind to have a sense of ease and peace and you will be able to experience more joy in your life.

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*We cannot solve our problems with  
the same level of thinking that  
created them.*

*- Albert Einstein*

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## WHERE TO GO FROM HERE

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You always have choices and options and there is no right or wrong. You get to decide what resonates with you and choose the path that feels the best for you.

- You can let things stay the same, there is nothing wrong with that. You get to decide when you are ready for something different. But know that you are not a victim to your mind or circumstances and you have the power to choose a different way.
- You can go it on your own and start with some processes like meditation, journaling and being mindful as I mentioned in this Ebook. Here is a link to a meditation I have created that also includes mindful breathing [https://youtu.be/1Oc2z\\_BwWYs](https://youtu.be/1Oc2z_BwWYs). You can also read other material or books to educate yourself. The key is actually implementing the knowledge rather than just knowing it intellectually. You have to put it into practice and experience it to make a change.
- If you're serious about freeing yourself and taming your overthinking mind, working with a trained facilitator is the quickest and most effective way to make a change. I was on the path of option 2 for many years. I read countless books and tried lots of different meditation techniques and different modalities on my own. But intellectualizing the problem doesn't change it, it just makes you more informed. Dabbling in different techniques and theories doesn't bring real change or transformation. A trained facilitator holds the space for your transformation and the facilitator is in the energy of the solution, not the problem. They can identify things that may not be visible to you and reflect back to you what you may have been missing.

If you're ready to transform and free yourself, contact me through my website to set up a free consultation call. [www.amandatowne.com](http://www.amandatowne.com).

