TRY IT / THE UNREAD MESSAGE

No reply. Now what?

You sent a message.
They haven’t replied.



FACT / No reply yet.

STORY / “They’re mad at me.”

That story could turn out to be true.
Right now, it isn’t confirmed.

Circle a useful next move:

Put my phone down for a while.
Do something I care about.
Ask for help if this keeps spiraling.

A fairer thought I could try:

SUPPORT COUNTS

You don’t have to outthink this alone.

When worry starts crowding out sleep, school, relationships, or things you enjoy, a counselor or health professional can help.

**“I keep getting stuck in my head.
It’s affecting my day.
Can we talk about getting help?”**

Someone I can contact:

A trusted adult could be a caregiver, teacher, coach, or school counselor.

If someone hurts or threatens you, get support. You don’t have to reframe an unsafe situation.

988 Suicide & Crisis Lifeline

Call or text 988 for crisis support.
Immediate danger? Call 911.

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11 / TEENS AGES 13–18

When Your Brain Won’t Let Up

Tools for worry & overthinking



You don’t have to solve every thought that shows up.

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Mile or a Millimeter

01 / NOTICE THE LOOP

Your brain can get stuck on repeat.

A replay isn't proof. A strong feeling doesn't tell the whole story.

Which loop shows up for you?

- ☐ Replaying what I said.
- ☐ Predicting the worst.
- ☐ Checking messages again.

Something else:

Pause without forcing calm.

Feel your feet. Notice three neutral things around you. Try one easy breath. Stop if it feels uncomfortable.



My earliest clue that I'm looping:

02 / CHECK THE STORY

Fact. Story. Fairer thought.

Try a recent worry. Skip names.

1 / What actually happened?

2 / What did my mind add?

3 / What else could be true?

Try: "I don't know yet. There may be more than one explanation."

A fair thought can be neutral.
You don't have to force positivity.

03 / MAKE YOUR NEXT MOVE

One thing now. The rest can wait.

Is there something useful and safe you can do about this today?

YES / Choose one small action.

Break down one task. Ask a question. Get help with a real problem.

NOT RIGHT NOW / Set it aside.

Write it down. Pick a time to revisit it. Return to something you care about.

Today's small action:

If the loop returns, I can:

My support person: