## Overthinking Quiz 🗣

Before you start the quiz, take a moment to notice how you feel right now. Are you calm, tense, or distracted? This test isn't about getting the right answer, it's about being curious about how your mind works.

Below are questions for self-assessment.

Answer on a scale from 1 to 4, where:

1 Never	2 Sometimes	3 Often	4 Always
1. I get stuck on t	he same thoughts and start obs	sessing.	
2. I worry a lot ab	out the future and feel concern	ed.	
3. I replay past co	onversations and events over an	nd over again.	
4. I imagine all po	ssible scenarios of what might	happen.	
5. I find it challen	ging to cope when things don't	go according to plan	
6. I feel anxious b	efore bed and experience diffic	culty sleeping.	
7. My head feels of	overwhelmed, and I am unable t	to relax.	
8. I often experie	nce inner questioning and seco	nd-guess my decisio	ns.
9. I dwell on smal	I mistakes and feel discomfort.		
10. I rethink conv	ersations long after they've end	ded.	
My total score: _			
10-16 Low	overthinking	26 – 33	High overthinking
You rarely get stuot of negative though	uck and can easily let go ghts.		nts are exhausting and may cause ression, or heightened anxiety.
17 – 25 Mod	derate overthinking		Very high overthinking
You sometimes for	eel overwhelmed. It's important	Your tender	ncies are often associated with

to identify moments when this affects your

focus.



rumination, worry, and even ptsd or trauma.

This is counterproductive and may require

help with therapy.

<sup>\*</sup>This test is not intended to replace professional diagnosis or therapy. It's a reflective tool to help you explore your mindset and patterns of overthinking.