Interrupt the Mental Spiral

A practical, printable 5-minute reflection from Happiness Triggers.

1 | Name the pattern

Describe the thought that keeps repeating, in one sentence. What event triggered it? Leave room to write: _____

2 | Separate facts from predictions

Facts I know: _____ Story I am telling myself: _____ . A fear can feel convincing without being confirmed.

3 | Ground in the present

Look around: identify 5 things you can see, 4 feel, 3 hear, 2 smell, and 1 taste, if accessible. Or put both feet on the floor and take three comfortable breaths. Choose a practice that works for you.

4 | Choose one next action

What is within my influence in the next 10 minutes? Examples: send a clarifying email, step away from screens, write tomorrow's first task, or speak with someone supportive.

5 | Notice the shift

Before exercise: stress or mental noise (0-10) _____. After exercise (0-10) _____. This is a personal reflection, not a clinical measurement.

When to seek more help

If intrusive thoughts, distress, or anxiety persist or interfere with everyday functioning, consider a qualified mental health professional. Coaching supports action and habits; it is not therapy.

Education and self-reflection only. This worksheet does not diagnose or treat a mental health condition. If safety is a concern, seek qualified support. In the U.S., call or text 988 in a crisis.