

## **How to stop overthinking**

**The simple solution: you don't have a problem with your thoughts, but rather a problem with control...as long as you try to plan everything, you prevent yourself from succeeding.**

**\*You're facing a difficult situation, and instead of acting, your brain opens at least ten tabs, each one shouting louder than the last. You call it thinking, but in reality, it's overthinking. Even if it seems like the right thing to do, this excess of thoughts generates a lot of sluggishness and, above all, the feeling of being stuck in your own head. It gives you the illusion of being cautious, while deep down you're completely paralyzed.**

**\*Overthinking steals your focus, divides your energy, and creates imaginary problems by transforming a decision that should take a few minutes into a three-day ordeal. You have to learn to manage uncertainty without panicking.**

**\*Clarity (what to do) comes with action, while your brain tells you the exact opposite: "Wait until you're sure, wait until you're ready," and it gives you the false illusion of controlling your situation. Overthinking often stems from a brain lacking concrete informations on how to proceed, so it fills the void with imagination.**

**\*Understand the mechanism: Overthinking is a cycle: TRIGGER--- TENSION---RECORDING THOUGHTS----ATTEMPTS AT CONTROL---FATIGUE---- IMPRECISION GESTURES---GUILT. Your brain learns that thinking provides immediate relief, while taking action, is frightening. As a result, you become adept at a completely useless solution: creating scenarios.**

**\*Let's try to break this pattern in a simple way. The simple solution is to transform thought into decision and decision into actions.**

**\* Here's how: When your mind starts racing, ask yourself one question: "What physical, visible, achievable action can you take in the next minute?". Not the complete plan, not the perfect strategy, just a very concrete action (count, snap your fingers, breathe, look at the sky, smile, turn your back on the game, wipe your ball, etc.). Why does this work? Because overthinking lives in the abstract, while action lives in the real, and reality calms the brain.**

**\*However, there's another important key at play. If you believe that failing, missing your shot, truly defines who you are, then you'll overanalyze everything because your sense of self is too fragile. Strong people aren't those who never make mistakes, but rather those who know their worth and learn from their errors. If you feel fragile, don't resist that emotion; it's pointless. Start by acknowledging it, accepting it, and working with it.**

**\*"Overthinking" is the search for a world without discomfort; this world doesn't exist. So, you need to change your objective. You no longer seek to avoid discomfort, but rather to remain stable within discomfort; stability is true power. It's a clear stance that you choose to adopt regardless of the circumstances. The real solution isn't to think less, but to think better, more concisely, and in a more structured way.**

**\*Here's the protocol in summary: Three steps: observations, choices, actions.**

### **Observations**

**(Name what's happening: "I'm overanalyzing, my team hopes I'll succeed, am I going to miss my chance again?" By naming things, you automatically create distance; you're no longer caught up in the whirlwind of your thoughts, you're observing. It's more neutral, more detached; you stabilize your mind.)**

### **Choices**

**(I'm gathering reality: a point, a task, a ball, a line... no scenario, I'm not negotiating with fear... I'm organizing myself.)**

### **Actions**

**(I'm no longer reacting... I'm structuring my action with concrete data... I'm in my body, not in my head.)**

**\*In reality, your brain is a Ferrari, but you're leaving it in neutral; you don't need more control, you need more movement.**

**Most people aren't blocked by the complexity of the situation itself, but rather by an addiction to certainty; they want to be sure of everything at all costs.**

**This new attitude will teach you the ability to decide quickly, remain stable, and adjust as you go.**

**\*It is this attitude that leads to confidence, the ability to do different shots, and consistency.**

**The Millionaire Library (quotes heard and adapted to the game of bowls by Gilles Cayer)**