

STOP SECOND-GUESSING YOURSELF

**BREAK THE HABIT OF OVERTHINKING
AND BUILD SELF-TRUST IN**

- **WORK**
- **RELATIONSHIPS**
- **EVERYDAY DECISIONS**

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First Edition

INTRODUCTION

Maybe you replay conversations long after they’ve ended.
Maybe you second-guess decisions you’ve already made.
Maybe your mind keeps returning to small moments that other people seem to forget.

Overthinking can show up in many ways.

If you’re reading this, there’s a good chance you’ve experienced it yourself.

Everyone thinks about what could go wrong sometimes.
That’s how we make sensible decisions.

The difference is what happens next.

For some people, the decision is made and the thought passes.
For others, it expands.
It creates worst-case scenarios.
It treats small risks like looming disasters.
And it’s hard to pull back once it starts.

You might ask yourself:
“Why am I like this?”

Overthinking can feel personal.

HOW TO USE THIS BOOK

You don’t need to apply every tool in this book at once.

Start with the chapter that reflects where overthinking affects you most.

Some readers struggle most with conversations.

Others with work, decisions, or relationships.

Each chapter stands on its own.

You may notice that some ideas appear in different chapters.

That’s intentional — overthinking shows up in many situations, but the underlying patterns are often the same.

The goal is to practise a few mental habits consistently until they become natural.

You may also find it helpful to keep a small record of moments where you handled something differently.

Not long journal entries. Just quick notes.

Spoke in the meeting

INTRODUCTION

Didn’t replay the conversation

Tried something new

Your brain often remembers mistakes and forgets progress.

These small reminders help correct that balance.