

A MINDFULNESS GUIDE TO

Break Free from Mental Loops

What are mental loops?

Mental loops are repetitive thought patterns that pull us out of the present moment—constant analysis of past events, rehearsing future scenarios, and endless attempts to figure things out through thinking. These aren't just passing thoughts, but sticky patterns we get caught in, believing if we just think about something enough times or in the right way, we'll find relief. Like being stuck in a maze with no exit, these loops keep us trapped in circular patterns, disconnected from experiencing life directly.

The 8-Step Daily Practice

Break free from the cycle of overthinking and reclaim your inner peace with this simple, step-by-step checklist. Designed to help you notice, address, and release mental loops, this guide empowers you to take control of unhelpful thought patterns and find clarity in the present moment.

What you'll get from this guide...

Use this checklist daily to pause, step away from mental loops, and take actionable steps towards finding clarity and calm. By practicing this regularly, you'll build resilience and learn to meet life's challenges with peace.

Break Free from Mental Loops

1: Notice and Acknowledge

- Pause and notice when you're stuck in a loop.
- Name the truth to yourself: "I'm stuck in this mental loop."
- Acknowledge your own stuckness gently and without judgment.

2: Offer Yourself Compassion

- Place your hand on your heart.
- Say to yourself, "Wow, I'm really stuck right now in this loop."
- Take a moment to kindly acknowledge how it feels to feel trapped in these thoughts.

3: Reflect—Is This Helping?

- Ask yourself, "Is continuing to think about this truly helping me?"
- Honestly assess the usefulness of looping on the same topic.

4: What Do I Really Long For?

- Explore what you're truly trying to achieve through these thoughts.
- Ask, "If this loop solved my problem, what would I feel or achieve? Who would this involve?"
- Get to the root of your deeper longing beneath the surface of the loop.

5: It's Not the Tool for Peace

- Remind yourself that more thinking isn't the solution if peace is what you seek.
- Picture trying to unlock a door with a banana—it's the wrong tool.
- Realize that continued digging into this loop won't uncover a magical solution.

6: Try Something New

- Ask yourself, "Am I willing to do something different this time?"
- Be courageous—experiment by stepping away from the loop, even as your mind suggests otherwise.
- Remember, you can always return to these thoughts later if needed.

7: Stop and Drop to Moment

- Close your eyes and shift your attention from your thoughts into your body.
- Place one hand on your heart and one on your abdomen.
- Take a few deep, slow breaths and notice your bodily sensations.
- Feel your breath, the weight of your body on the seat, your feet, and your hands.
- Open your eyes and observe the present moment—what you see, what's here right now.
- Spend a few conscious moments breathing and staying present.

8: Appreciate the Present

- Identify something right now that you can appreciate—something in your life that brings joy or gratitude.
- Take a moment to reflect on this appreciation fully.