



# Dr. K's Guide to Mental Health

Anxiety Module | Thought Loops | Worksheet

---

**Exercise:** Let's analyze thought loops that you experience. What does your mind "loop" about?

Do your thought loops happen at particular times of the day, or under particular circumstances?

Do your thought loops have particular themes? Do they center around certain insecurities?

Try observing the thought loop, not necessarily engaging with it, but just noticing where it is going, and even predicting where it is going to go. What happens to the energy in your mind when you gain awareness of it? Often times, awareness of something causes it to deflate, but this takes practice! Sometimes months!