

# Reducing Overthinking: The ASK Technique

**A**

**Active:** Instead of dwelling on a problem, take action. Seek assistance, take breaks to move your body, and return to problem-solving with a fresh perspective.

**S**

**Specific:** Focus on identifying specific problems and potential solutions. Instead of generalizing negative experiences, pinpoint a particular issue and create a clear action plan.

**K**

**Kind:** Practice self-compassion by treating yourself with understanding and kindness. Accept that mistakes happen and allow yourself to feel disappointment or frustration. Avoid self-blame.



well brain