

From a repeating thought to a next step

Use this for one question that keeps coming back. The aim is a clearer choice, not proving that your worry is wrong. Real mistreatment and practical problems deserve attention. Stop writing if the exercise adds to the loop.

1. Describe what happened

Write the event as specifically as you can, without deciding what it means yet. "We have not agreed on a time" is an observation.

What did I observe?

What am I interpreting or predicting?

2. Decide what is answerable

Some questions have a practical answer. Others ask for certainty about another person's thoughts or the future. You do not have to settle every uncertainty today.

Is there a practical question I can ask or action I can take?

What is outside my control or still unknown?

3. Leave with one choice

You can act, ask, postpone the question, or choose support. A plan can be as small as returning to one ordinary task.

The next thing I choose to do:

If the thought returns, what would I like to try?

Support and scope

If thoughts feel overwhelming or interfere with daily life, consider support from a qualified professional. This worksheet is an original reflection exercise, not an assessment or treatment.

Support options: attachmentshift.com/support

Background reading: [NHS: tackling your worries](#). The worksheet is original; a source link is not an endorsement or validation of this exercise.

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