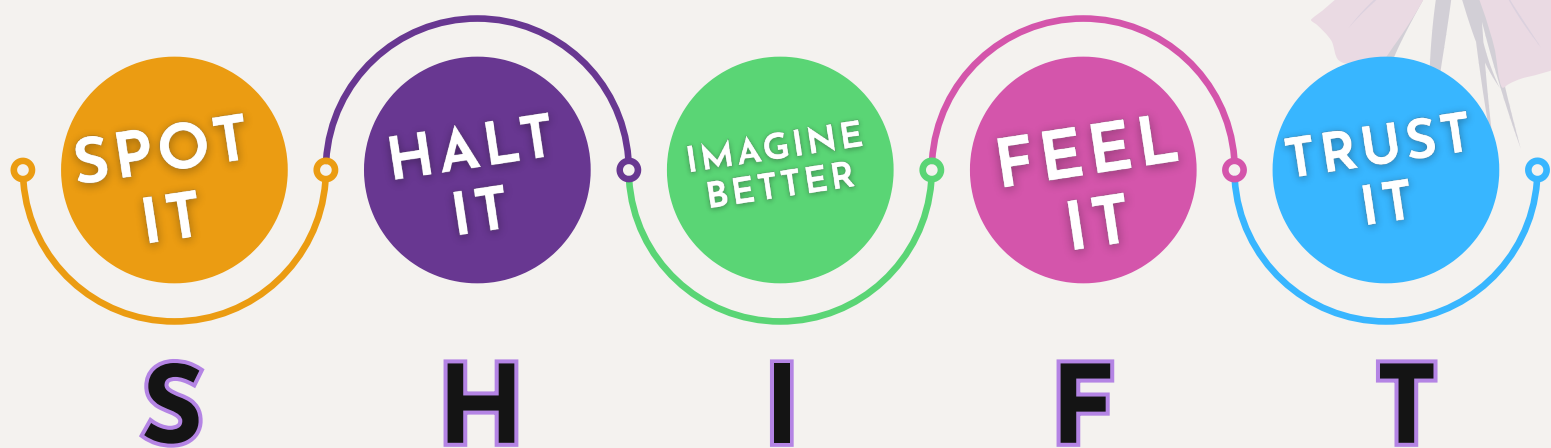




S.H.I.F.T. HAPPENS

7 Proven Reframes That Calm Your
Overthinking Brain



By Beth Benham

Founder of Life Laws Unfiltered

WHAT IS SHIFT?

Hey there, fellow overthinker! 🙌

Tired of your brain running the show with worry and what-ifs? **You don't need a perfect life - you need a better way to deal with it.** I know, because I spent years anxious and reactive until I realized one truth: **your thoughts create your life** (whether you believe it or not). When I realized my thoughts weren't just exhausting—they were attracting more of the crap I didn't want, I made a decision to take back control—not of the world, but of how I think. That's what changed EVERYTHING! That is how SHIFT was created. Once I started shifting those negative thoughts, things started working out, problems stopped popping up, and life finally felt lighter—because that's how this sh*t works. Once you realize how much power you actually have, things get *really* good.

What Is SHIFT?

SHIFT is a simple 5-step method that helps you catch those spiraling thoughts and flip them into something actually helpful:

- S - Spot the thought
- H - Halt the spiral
- I - Imagine a better perspective
- F - Feel the difference
- T - Trust the process

How to Use These 7 Reframes

Each reframe card shows you:

- Current Thought: That shit your brain says that keeps you stuck
- Better Thought: A more useful, believable option that calms you down
- Why It Helps: The science behind why this shift works

Here's how to use them:

1. Read through all 7 to see which ones hit home
2. Pick ONE that feels most relevant to your current situation
3. Use the reframe the moment you catch that bs thought kicking in
4. Pay attention—your body will tell you if it feels even a little better.
5. Repeat until it becomes more natural

Real Talk: Life won't get better until your thoughts do – they set the energy that drives the Life Laws shaping your world. What you focus on, you attract. SHIFT that, and you start lining up with how life is meant to work – and everything around you starts to change.

Ready? Let's SHIFT some thoughts! 📄

FUTURE WORRYING

"What if something bad happens?"

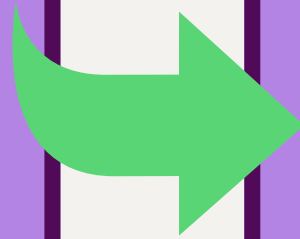
*When your mind won't shut up about
shit that hasn't even happened*

I know how easy it is to spiral into what ifs. I've done this A LOT! Your brain thinks it's protecting you by imagining every possible thing that could go wrong—but it doesn't help. It's keeping you anxious and stuck in fear over sh*t that hasn't even happened. This kind of overthinking doesn't prepare you—it steals your peace. This SHIFT is how you start taking it back.



Current Thought

*"What if
something bad
happens?"*



Better Thought

*"Most things
work out just
fine, and I
always have
what I need
when I need it."*



Why It Helps

This SHIFT reminds your brain that things usually do work out—and when they don't, you always find a way.

It re-centers you in truth: you're not powerless, you're resourceful and you'll figure it out if or when you need to.

SELF-DOUBT

"I have no idea what I'm doing"

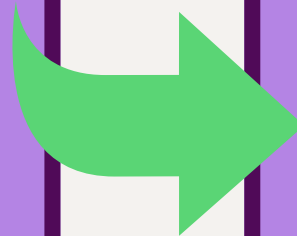
*When your brain tells you confidence comes first
—so you freeze instead of starting*

Feeling like a fraud doesn't mean you are one. It just means your brain's default setting is self-doubt—especially when you're doing something new, hard, or important. But waiting to feel "ready" or like you know what you're doing before you take action? That's how you stay stuck. The truth is, confidence comes after the doing, not before. This SHIFT helps you move forward even when your brain's full of fear and self-questioning—because that's when it matters most.



Current
Thought

*"I have no idea
what I'm doing."*



Better
Thought

*"I don't need to
feel ready to
begin.
Confidence
comes from
doing—and I can
do this."*



Why It Helps

This SHIFT breaks the lie that you need to know everything or have it all figured out to start. You don't. You just need to begin. Taking action quiets the fear faster than overthinking ever will—because confidence isn't a prerequisite, it's a result. The more you do, the more you believe you can.

DECISION/ANALYSIS PARALYSIS

"I don't know what the right choice is"

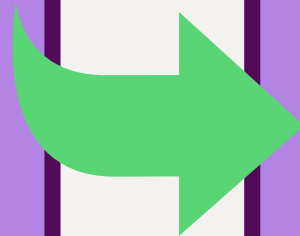
*When you're overthinking yourself
into complete paralysis*

Your brain has convinced you that every decision is life-or-death important and that making the "wrong" choice will somehow ruin everything forever. So instead of choosing, you research endlessly, make pros and cons lists, ask everyone for their opinion, and then... still don't decide. Meanwhile, not deciding IS a decision—it's choosing to stay stuck. Here's the truth: most decisions aren't permanent, and even "wrong" ones teach you something useful.



Current
Thought

*"I don't know
what the right
choice is."*



Better
Thought

*"I can make a
good choice with
what I know
right now."*



Why It Helps

This SHIFT moves you from seeking the mythical "perfect" choice to making a "good enough" choice that actually moves you forward. It reminds your brain that most decisions can be adjusted later and that gathering information forever isn't helpful—it's just procrastination in disguise.

SOCIAL OVERTHINKING

"What do they think of me?"

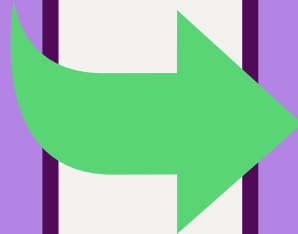
*When you're convinced everyone's
judging your every move*

Your brain has appointed itself as the CEO of "What Everyone Else Thinks About Me," and it's working overtime. You replay conversations, analyze text messages for hidden meanings, and convince yourself that everyone's paying way more attention to your mistakes than they actually are. Reality check: most people are too busy worrying about their own shit to spend much time judging yours. And the ones who are judging? That says more about them than it does about you.



Current
Thought

*"What do they
think of me?"*



Better
Thought

*"Most people are
too busy with
their own lives
to judge mine."*



Why It Helps

This SHIFT reminds you that everyone's the main character of their own story, not yours. People are generally way more focused on their own problems, insecurities, and to-do lists than they are on analyzing your every move. It frees you from the exhausting job of trying to control other people's thoughts.

PERFECTIONISM/FAILURE

"I always mess things up somehow"

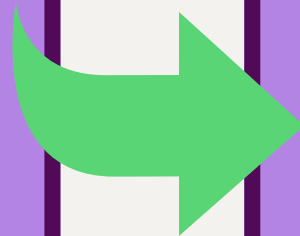
When your inner critic is being a complete asshole

Your inner critic has a PhD in finding every single thing you've ever done wrong and apparently never takes a day off. It's like having a really mean roommate in your head who doesn't pay rent but always has opinions. This voice tries to convince you that being hard on yourself will somehow motivate you to do better, but really it just makes you feel like crap and want to hide under the covers. Time to evict that asshole and hire a more supportive inner voice.



Current
Thought

*"I always mess
things up
somehow."*



Better
Thought

*"I'm human and
still learning.
Most things I do
work out fine."*



Why It Helps

This SHIFT interrupts the "always/never" thinking that keeps you stuck in shame spirals. Your brain responds better to realistic self-talk that acknowledges growth rather than demanding perfection. It reminds you that messing up is part of being human, not evidence that you're fundamentally broken.

OVERWHELM

"Why is everything so hard?"

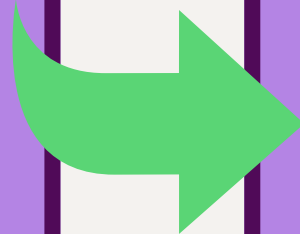
*When life feels like it's personally
fucking with you*

Some days it feels like you're trying to swim upstream while everyone else is floating effortlessly down the river. Everything that should be simple somehow becomes complicated, and you start wondering if the universe has a personal vendetta against you. Your brain interprets this temporary difficulty as permanent evidence that life is just hard for *you* specifically. But here's the thing: everyone has seasons where shit feels harder than it should. It's not permanent, and it's not personal.



Current Thought

"Why is everything so hard?"



Better Thought

"This is a tough phase, but it won't last forever."



Why It Helps

This SHIFT reminds you that difficulty is temporary, not permanent. It validates that yes, this shit IS hard right now, without making it mean that your entire life is doomed to be a struggle. Your brain can accept this because it's not toxic positivity—it's realistic hope.

HELPLESSNESS

"Nothing ever works out for me"

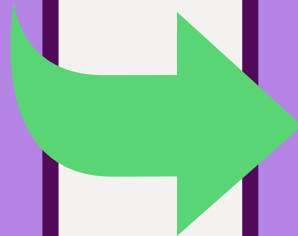
*When you're convinced the universe
has it out for you*

You've tried so many things that didn't work out, and now your brain has decided to protect you from future disappointment by whispering, "Why even bother trying?" It's like your brain has become that pessimistic friend who always expects the worst and says "I told you so" when things go sideways. While it thinks it's keeping you safe from disappointment, it's actually keeping you stuck in a prison of low expectations and missed opportunities.



Current
Thought

*"Nothing ever
works out for
me."*



**Better
Thought**

"Some things
haven't worked
out yet, but I'm
learning what
does."



Why It Helps

This SHIFT moves you from permanent victim mode to active learner mode. It acknowledges your real experiences without letting them predict your entire future. Your brain can accept this because it's still realistic—you're not pretending everything always works out, just that you're gathering useful data along the way.

Before You Go...

Let's keep it real—this shit takes effort.

You don't just flip a thought once and magically feel better forever.

But the more you do it, the easier it gets.

You start catching yourself faster.

You stop spiraling as hard.

And little by little, you change.

And that shift? It feels so f*cking good.

Nothing outside you has to change—same job, same stress, same people—but your energy isn't at the mercy of all that anymore. You start feeling lighter. Calmer.

More alive. Even happy... for no damn reason.

That's the power of knowing you can choose a better thought.

Of trusting that life happens for a reason.

That everything works out for you.

That you're exactly where you're meant to be.

And most of all—

That you can CHOOSE HAPPY.

This is what living in alignment with Life's Laws feels like — when your thoughts, energy, and actions stop working against you and start working with the way the universe is designed.

Let's freaking go!!

Choose Happy! 

Love,
Beth

Ready to Take Your S.H.I.F.T. Journey Further?

These reframes are your first step to mastering both your mind and the **Life Laws** that are running your world – whether you know it or not.

Loved these 7 reframes? You're just getting started!

If you found value in this guide, I've got a tool designed to help you when you're spiraling and need relief **right now** – and to make this new way of thinking PERMANENT.

When Overthinking Hits Hard...

✨ Grab the complete SHIFT Practice Workbook - Daily exercises that lock this in so it becomes your default way of thinking.

[Get the Complete Workbook Here](#)

What Others Are Saying:

"I wish I had found Beth's SHIFT method years ago. It's changed everything for me!" - Sarah M.

"Finally, someone who gets it and doesn't use therapy speak!" - Mike R.

Questions? Email me at beth@lifelaws.co

Follow my teaching: @lifelawsunfiltered on Instagram & YT

Choose Happy! 