



A STUDY IN GEE

# Stop Overthinking

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THE 3-QUESTION REALITY FILTER

A SIMPLE METHOD TO CUT THROUGH MENTAL  
NOISE AND SEE WHAT'S ACTUALLY TRUE



# WELCOME

You don't need more advice—you need a way to see clearly.

This workbook gives you a simple method to interrupt overthinking and examine your thoughts properly. Not to force answers, but to remove what isn't real, so clarity can emerge on its own.

Most people stay stuck because they never question what they're assuming.

This changes that.

How to use this:

- Don't rush
- Write your answers (don't just think them)
- Be honest, not "correct"
- Let the process show you what holds up

You can use this in 5–10 minutes whenever something feels unclear, heavy, or unresolved.

GEE



# WHY OVERTHINKING HAPPENS

Overthinking isn't actually "too much thinking."

It's:

- Repeating the same thought
- Without examining it
- While treating it as true

So your mind keeps trying to solve something that hasn't even been clearly defined.

The problem isn't complexity.

It's untested assumptions.

This is why you can think for hours and still feel stuck.

This filter works because it forces your thinking to become clear and structured.



# THE 3-QUESTION REALITY FILTER

Whenever you feel stuck, use these three questions:

- What am I assuming is true?
- What actually supports this?
- What doesn't hold up?

That's it.

Simple, but not always comfortable.

Because clarity often removes stories you were unconsciously relying on.

# YOUR FIRST CLARITY RESET

## Guided Exercise

**Step 1: What situation are you thinking about?** Write it in one sentence:

**Step 2: What am I assuming is true?** Write the core assumption as directly as possible:

**Step 3: What actually supports this?** List only real, observable evidence:

**Step 4: What doesn't hold up?** Look for gaps, unknowns, or weak points:

**Step 5: What's clearer now?** Based on what actually holds, what can you *honestly* say now?

# DEEPER PROMPTS

When You're Really Stuck

If the answer still feels unclear, go further:

## ASK YOURSELF:

What am I adding to the situation that isn't confirmed?

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What would I say if I removed emotion from this?

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What's neutral here that I'm ignoring?

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What's the simplest version of this situation?

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YOU DON'T NEED MORE THOUGHTS.

YOU NEED CLEANER ONES.

# REAL-LIFE EXAMPLE

## SITUATION:

"They haven't replied. I think they're not interested."

## ASSUMPTION:

They're not interested

## EVIDENCE:

No reply for 2 days

## WHAT DOESN'T HOLD UP:

- No direct rejection
- Could be busy
- I'm assigning meaning to silence

## CLEARER VIEW:

"I don't actually know. I'm assuming based on limited info."

## WHAT CHANGED?

Not the situation, your relationship to it.

That's where clarity lives.



# USE THIS IN REAL LIFE

You don't need a perfect setup.

Use this:

- In your notes app
- On paper
- Mentally (once you get used to it)

Quick version:

- What's the assumption?
- What's the evidence?
- Where are the gaps?

That alone can break most thought loops.



# FINAL WORD

Clarity isn't about finding better answers.

It's about removing what isn't real, so what is real becomes obvious.

Most people avoid this because it's uncomfortable.

But once you start seeing clearly, you stop needing constant  
reassurance.

You trust your own thinking.

If this shifted how you see even one thing, that's the beginning.

If you want to go deeper, into creative thinking, self-trust, and seeing clearly without external guidance, my courses and oracle tools are designed to help you build that skill fully.