MINDTHEORY

A CALMER MIND A BRIGHTER YOU

Same Conversations Same Thoughts A Kinder You ♡

CURIOSITY
SELF AWARENESS
EMOTIONAL BALANCE
A BRIGHTER YOU

Why Your Brain Replays Conversations Over and Over

Same words. New thoughts. A kinder you.

Overthinking doesn't mean you're weak. It means you care. ♡

IT'S OK ♡

HEAL
GROW
BE KIND TO YOUR MIND

01 The Root Cause

Post-Event Processing & Negativity Bias

After a social moment, your brain keeps reviewing what happened. It looks for meaning, tries to spot mistakes and prepares you for next time. Our brain also gives extra weight to negative or uncertain parts – even when the conversation went fine.



Why it happens:

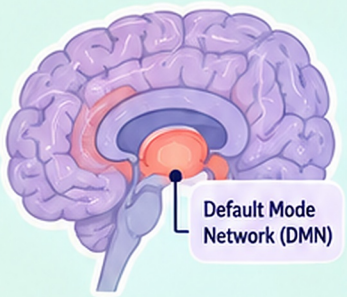
- Brain wants to keep you safe
- Focuses more on possible negatives
- Tries to learn and avoid future mistakes

Key takeaway:
It's not a flaw – it's your brain's way of protecting you.

02 Brain Mechanism

The Default Mode Network (DMN)

When you're not focused on an external task, your brain's default mode network becomes active. It helps with self-reflection, memory, imagining and social thinking. This network can turn a past conversation into a mental replay loop.



What the DMN does:

- Replays past events
- Connects emotions and memories
- Imagines different outcomes
- Helps you make sense of yourself and others

Try this:
Notice the loop without treating it as a command.
A thought is just a thought, not a fact.

03 Cognitive Distortion

The Spotlight Effect

We often overestimate how much other people notice our mistakes, pauses, words or body language. In reality, most people are busy with their own thoughts and don't remember small details as much as we think.



Reality Check:

- People are not analysing you as much as you think.
- Most won't remember the small awkward moments.
- You matter, but you're not always in the spotlight.

Try this:
Ask yourself: "How much evidence do I have that anyone else is still thinking about this?"

04 3 Action Steps

Shift the Loop

Use this simple sequence to move from replay to recovery. Keep it practical, physical and compassionate.

1 Write it down

Get the thoughts out of your head. Write what happened, how you feel and what you can learn. This helps your brain close the loop.



2 5-4-3-2-1 Grounding

Bring yourself back to the present moment using your senses.

5	4	3	2	1
things you see	things you feel	things you hear	things you smell	thing you taste

3 Self-Distancing

Talk to yourself like a kind friend. Ask: "What would I tell a friend in this situation?"

