

the second half of your tracker

nights

15 to 30

The rest of the tracker from *The 3 AM Kit*, for *Shut Up, Brain*



Fourteen nights is enough to learn the routine. The next sixteen are where you start to see it working. Not because the thoughts stop showing up, but because you get back faster.

Same as before: don't count the thoughts. Notice how much time the loop took, and how quickly you got back to your own life.

EACH NIGHT, THE SAME THREE STEPS

- 1 Turn the alarm down a notch.
- 2 Name the loop.
- 3 Decide or drop.

BEFORE NIGHT 15, A QUICK LOOK BACK

From your first fourteen nights. A few words is plenty.

The loop that showed up most _____

Roughly how long it usually ran _____

Missed a few nights in between? Start here anyway. There's no catching up to do.

nights 15 to 22, the second half

30-Night Tracker

Two questions, not how many thoughts. How much time did the loop take? And how quickly did you get back to your own life?

NIGHT	SPIRAL BREAKER	THE LOOP, AND ITS APPOINTMENT	ROUGHLY HOW LONG IT RAN	ONE LINE ABOUT THE NIGHT
15 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
16 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
17 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
18 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
19 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
20 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
21 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
22 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____

nights 23 to 30, nearly there

30-Night Tracker

Loops get louder when life gets heavier. A rough night in here doesn't cancel the good ones. Tick what you did and keep going.

NIGHT	SPIRAL BREAKER	THE LOOP, AND ITS APPOINTMENT	ROUGHLY HOW LONG IT RAN	ONE LINE ABOUT THE NIGHT
23 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
24 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
25 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
26 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
27 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
28 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
29 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____
30 date _____	☐ did it ☐ part of it ☐ easy night, skipped	_____ loop's name _____ its appointment	☐ a few minutes ☐ under half an hour ☐ about an hour ☐ longer	_____ _____ _____

Night 30 done? Turn the page for a quick look back.

you made it to night 30

What to notice now

Thirty nights in, the thoughts probably still show up. Mine do. That was never the test. Flip back through your tracker and look at the time, not the thoughts.

The loop that showed up most

How long it usually ran, nights 1 to 7

How long it usually ran, nights 24 to 30

A night you got back faster than you used to

The tool you reach for first now

WHEN IT COMES BACK

And it will, some weeks. A move, a loss, a week of bad sleep. You're not back where you started. You've been here before, and now you have the tools. So you start again with the body. Turn the alarm down a notch. Name the loop. Decide or drop.

Starting again is the skill.



Rather tap than print? The free quiz app walks you through the book's tools one question at a time. kalderno.com/overthinking

Nights 15 to 30, a free extra for *The 3 AM Kit* and *Shut Up, Brain*. New or frightening feelings? Turn to "If it's more than overthinking" in the kit.

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This tracker shares general self-help ideas, not medical or psychological advice.