

TRANSCRIPT · EPISODE 30

Learn English and Stop Overthinking

Full episode script · English

58 lines

Your English Toolbox

■ Welcome to your English Toolbox, your Slow English Podcast where we train your ears step by step. ■ I am Julia. ■ And I am Martin. ■ Friends, thank you for joining us again. ■ Today we are exploring a topic that affects every part of life, not just English. ■ It affects your relationships, your sleep, your decisions, your confidence, and your peace. ■ We are talking about overthinking — that mental noise that never stops. ■ You will learn why your mind gets louder at night, why your thoughts feel so heavy, and what you can do to break the loop. ■ If you stay until the end, you will learn three powerful tools to quiet the noise, one storytelling technique to escape spiraling thoughts, and one micro-action to use this same night. ■ And before we begin, friends, we need you once again. ■ If something in today's episode helps you, inspires you, or simply makes you feel understood, please leave a comment. ■ Your comments help our community grow, help the platforms recommend this podcast to more friends, and help us continue creating these weekly episodes. ■ Thank you for being here, and thank you for supporting this project. ■ Let's begin.

PART 1: The Night the Mind Becomes Loud

■ Julia, I want to begin with a story that almost everyone knows. ■ Yes, Martin, and I think our friends listening will feel it immediately. ■ Imagine this moment: ■ You turn off the lights. ■ You lie down. ■ You feel the weight of the blanket. ■ The room becomes quiet. ■ Your breathing becomes slow. ■ And just when your body is ready to rest... ■ Your mind wakes up. ■ Suddenly, your brain becomes a cinema projector with unlimited movies. ■ “Did I answer that message correctly?” ■ “Why did I say that stupid thing last week?” ■ “What if tomorrow goes wrong?” ■ “What if I embarrass myself?” ■ “What if something terrible happens?” ■ Nothing is happening in the real world. ■ But inside your mind, everything is happening at the same time. ■ You are safe, you are in your bed, but your brain is running at full speed. ■ And you ask yourself, “Why now?”

Why is my mind loud exactly when I want silence?”

■ Friends, this is not a personal failure. ■ It is not because you are weak or dramatic or too emotional. ■ It is because your brain is doing something very old and very natural. ■ And to understand overthinking, we must understand this moment in bed.

■ During the day, your mind is busy. ■ You have tasks, conversations, distractions, movement. ■ But when the world becomes quiet, your brain says, ■ “Perfect.

Now I have time to protect you.” ■ And how does it try to protect you? ■ By imagining every possible problem. ■ That is the root of overthinking. ■ Your brain is trying to save you from pain. ■ But instead of protecting you, it traps you. ■ This is the beginning of the loop.

PART 2: Why Your Brain Overthinks

■ To understand overthinking, we need to travel back in time. ■ Thousands of years ago, humans survived by anticipating danger. ■ The person who thought, “What if there is a snake in the grass?” survived. ■ The person who didn’t ask that question did not. ■ So your brain developed a system: ■ Think of the worst-case scenario. ■ Repeat it. ■ Prepare for it. ■ And maybe you will survive.

■ But here is the problem. ■ Today, the dangers have changed. ■ But the brain has not. ■ Your brain still thinks that embarrassment, rejection, and uncertainty are life-threatening. ■ So it sends alarms. ■ It shows you mental movies of everything that might go wrong. ■ And it does this especially at night, because there are no external distractions. ■ It believes it is helping you. ■ But in reality, it is exhausting you.

■ Overthinking is not a sign that you are broken. ■ Overthinking is a sign that your brain loves you too much. ■ It is trying to predict every danger. ■ But in doing so, it creates imaginary dangers.

■ You are lying in bed thinking, ■ “What if tomorrow they judge me?” ■ But nobody is judging you. ■ “What if something bad happens?” ■ But nothing bad is happening. ■ “What if I fail?” ■ But you are not failing.

■ The body is safe. ■ The mind is not. ■ And this disconnect is the source of suffering.

PART 3: The Illusion of Control

■ Overthinking starts with love, but then it becomes a lie. ■ The lie says: “If I think more, I will be safe.” ■ But thinking more does not create safety. ■ Thinking more creates fear. ■ Fear creates hesitation. ■ Hesitation creates inaction. ■ And inaction creates more fear. ■ This is the Overthinking Loop.

■ Let me illustrate this with a simple everyday moment. ■ Imagine you want to send an important message. ■ Nothing dangerous. ■ Just a message. ■ But your brain starts: ■ “What if they misunderstand me?” ■ “What if I sound stupid?” ■ “What if I annoy them?” ■ “What if they don’t answer?” ■ “What if they don’t like me?”

■ So you wait. ■ You hesitate. ■ You rewrite the message ten times. ■ You delete it. ■ You rewrite it again. ■ Finally you send it. ■ And nothing terrible happens. ■ But your brain says, ■ “See?”

It almost went wrong.

We should worry next time too.”

■ This is the illusion of control. ■ Your brain believes that worry = safety. ■ But worry = prison.

PART 4: The “What If” Spiral

■ The worst part of overthinking is the “What If” spiral. ■ We all know it. ■ It begins with a small thought: ■ “What if tomorrow is difficult?” ■ And then it grows: ■ “What if something goes wrong?” ■ “What if they judge me?” ■ “What if I’m not enough?” ■ “What if I disappoint someone?” ■ “What if everything falls apart?”

■ Soon the mind is no longer thinking. ■ It is predicting disasters. ■ None of these disasters exist. ■ But the body reacts as if they do.

■ Overthinking confuses imagination with reality. ■ It confuses possibilities with facts. ■ It confuses fear with truth.

■ And that is why you feel so tired after a night of overthinking. ■ You lived a hundred imaginary lives. ■ You fought battles that never existed.

PART 5: How to Break the Loop

■ Now friends, let's talk about what actually works. ■ Not theory, but practical tools you can use tonight.

TOOL 1 — Name the Noise

■ The first tool is simple but extremely powerful. ■ Give your overthinking voice a name. ■ You separate yourself from the thought. ■ You turn the storm into a character.

■ For example: ■ “Detective Disaster” ■ “Professor Panic” ■ “The Drama Queen” ■ “The Night Narrator”

■ Then when the thought appears, you say: ■ “Ah, the Night Narrator is talking again.” ■ This changes everything. ■ You are no longer fighting your mind. ■ You are observing it.

■ And observation dissolves fear.

TOOL 2 — The 30-Second Reality Check

■ When thoughts become loud, ask: ■ “Is this happening now, or only in my mind?”

■ Ninety percent of overthinking disappears with this question. ■ Because the brain realizes the truth: ■ “Nothing is happening.

I am safe.”

■ Thoughts lose power when reality is clear.

TOOL 3 — One Tiny Action

■ Overthinking hates action. ■ Action breaks the loop immediately. ■ So ask yourself: ■ “What is one tiny thing I can do in the next 60 seconds?”

■ Examples: ■ Drink water. ■ Write one sentence. ■ Put your feet on the floor. ■ Open the window. ■ Stretch your shoulders. ■ Send the message.

■ It doesn't matter what the action is. ■ The moment you act, your brain shifts from imagination to reality.

TOOL 4 — The 90-Second Wave

■ Neuroscience tells us that intense emotions peak for only 90 seconds. ■ If you wait and breathe, the wave passes.

■ Overthinking grows when you fight the wave. ■ But it calms when you ride the wave.

■ Say to yourself: ■ “This is a wave. ■ I will feel it. ■ And it will pass.”

PART 6: Ending Story — The Return to Night

■ Now let's return to our story. ■ You are in bed. ■ The room is dark. ■ And your mind is loud.

■ But tonight something changes. ■ The thoughts come, but you recognize the voice. ■ You say, ■ “Ah, the Night Narrator is here again.”

■ You smile a little. ■ You breathe once. ■ You ask, ■ “Is this happening now, or only in my mind?” ■ The answer is clear. ■ Nothing is happening.

■ You put your hand on your chest. ■ You feel it rise and fall.

■ You say, ■ “I am safe. ■ I am here. ■ I am okay.”

■ And slowly, the voice becomes softer. ■ The waves become smaller. ■ The room feels warmer. ■ And your mind begins to rest.

■ This is what breaking the loop feels like. ■ Not dramatic. ■ Not loud. ■ Just peaceful.

CONCLUSION: Your Micro-Action

■ Friends, overthinking is not a sign that something is wrong with you. ■ It is a sign that your brain is trying too hard to protect you. ■ But you can teach it a new way. ■ You can teach it calm.

■ Before we finish, we have a question for you. ■ What part of your life do you overthink the most? ■ And what name will you give your Overthinking Voice? ■ Tell us in the comments.

■ Your comments help our community grow. ■ And they help us understand what topics you want next.

■ Friends, thank you for listening. ■ Take a breath. ■ Sleep well tonight. ■ And we will see you in the next episode.
