

OVERTHINKING & NEGATIVE THOUGHTS MANAGEMENT

Evidence-Based Psychological Strategies for
Managing Negative Thoughts,
Rumination & Overthinking

*Clear Mind
Better Choices
Brighter Future*



16 LECTURES

8 Weeks • Approximately
2 Months



PRACTICAL LEARNING

Lecture-wise PDF Worksheets
Complete Course Outline PDF



COURSE COMPLETION

American E-Certificate
Upon Successful Completion

*Understand your thoughts.
Break unhelpful thinking cycles.
Build healthier mental habits.*



CLARITY

CALM

CONFIDENCE

BALANCE



Instructor

Rabbia Shabbir

Clinical Psychologist
Online Therapy Expert

Certified from Mayo Hospital LHR



IMAHRKMI

INSTITUTE OF MODERN APPLIED RESEARCH
IN HUMAN KNOWLEDGE & MENTAL INSIGHTS

*Better Minds
Brighter Futures*

COURSE STRUCTURE

Your Learning Journey, Step by Step



Total Lectures

16 Lectures



Duration

**8 Weeks or
2 Months**



Delivery Format

Fully Online



Learning Method

Recorded Video Lectures



Study Access

**Secure Student
Learning Portal**



Lecture Release

**New lectures are released
weekly through the
student portal.**



Certificate

**Who successfully complete the
course requirement will receive an
official American electronic certificate
of completion issued by IMAHRKMI
New York USA.**



Email
admin@imahrkmi.life



Website
<https://imahrkmi.life>



Instructor Email
Rabbiashabbir@imahrkmi.life

Learn · Grow · Make a Difference





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02

WHAT YOU WILL LEARN

The course progresses from understanding the mind and negative automatic thoughts to practical restructuring, grounding, acceptance, nervous-system regulation, and long-term maintenance.



UNDERSTAND

Overthinking • rumination • automatic thoughts • triggers • core beliefs



IDENTIFY

Cognitive distortions • worry loops • perfectionism • social overthinking



PRACTICE

Thought records • grounding • defusion • worry time • somatic reset



BUILD

Self-compassion • mental hygiene • relapse prevention • emergency toolkit



Practical Learning Materials

Students receive a dedicated worksheet or practical resource for every lecture. These materials support reflection, practice, application, and revision alongside the recorded lectures.

- Brain Dump Journal
- CBT Cognitive Triad Worksheet
- Thinking Errors Identification Guide
- Thought Reframing Worksheet
- Trigger & Core Belief Tracker
- 7-Column Thought Record
- 5-4-3-2-1 Grounding Card
- Thought Defusion Practice Guide
- Worry Time & Container Journal
- Imperfection Experiment Framework
- Nighttime Wind-Down Worksheet
- Somatic Nervous System Reset Manual
- Self-Compassion Writing Guide
- Social Reality Check Worksheet
- Daily Mental Hygiene Blueprint
- Personal Mental Emergency Toolkit

*"Small
Steps
Big
Changes"*



COURSE ROADMAP



Recognizing &
Restructuring Thought
Patterns



Understanding the
Mind & Overthinking



Managing the Mind
& Emotional Balance



Building a Positive
Mindset



Long-Term
Growth & Maintenance



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03 | 16-LECTURE ROADMAP

Part 1 — Understanding, Identifying & Restructuring Thought Patterns



Lecture 1 — Understanding the Mind & Overthinking

Rumination, threat response, busy mind, intrusive loops, Brain Dump



Lecture 2 — The Loop of Negative Automatic Thoughts

CBT Cognitive Triad, thoughts–feelings–behaviors



Lecture 3 — Cognitive Distortions: Part 1

All-or-nothing thinking, catastrophizing, mind reading



Lecture 4 — Cognitive Distortions: Part 2

Overgeneralization, emotional reasoning, "should" statements



Lecture 5 — Identifying Triggers & Core Beliefs

Internal/external triggers, schemas, Vertical Arrow



Lecture 6 — Cognitive Restructuring

Socratic questioning, evidence, 7-Column Thought Record



Lecture 7 — Introduction to Mindfulness & Grounding

Present-moment awareness, 5-4-3-2-1 grounding



Lecture 8 — Thought Defusion & Acceptance

Cognitive defusion, acceptance, Leaves on a Stream



Understand
Your Mind



Reframe
Your Thoughts



Manage
Your Emotions



Build a Healthier
You



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04 | 16-LECTURE ROADMAP

Part II — Regulation, Resilience & Long-Term Mental Hygiene



Lecture 9 — Managing Worry & Rumination

Solveable vs. unsolvable worries, Worry Time, worry postponement



Lecture 10 — Overcoming Perfectionism & Paralysis

Good-enough standards, maximize/satisfier mindset, behavioral experiments



Lecture 11 — Breaking the Nighttime Overthinking Cycle

Cognitive offloading, bedtime stimulus control, wind-down routine



Lecture 12 — Nervous System Regulation & Somatic Relief

Physiological Sigh, Box Breathing, PMR, somatic reset



Lecture 13 — Taming the Inner Critic

Self-kindness, common humanity, mindfulness, inner coach



Lecture 14 — Social Overthinking & the Spotlight Effect

Post-event processing, fear of evaluation, reality checks



Lecture 15 — Designing Your Daily Mental Hygiene Routine

Habit stacking, digital boundaries, morning/evening routine



Lecture 16 — Relapse Prevention & Your Emergency Toolkit

Early warning signs, coping tools, personal emergency plan



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Big
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WHO SHOULD ENROLL?

This program maybe beneficial for



Students



Mental health professionals



Counsellors



Therapist



Educators



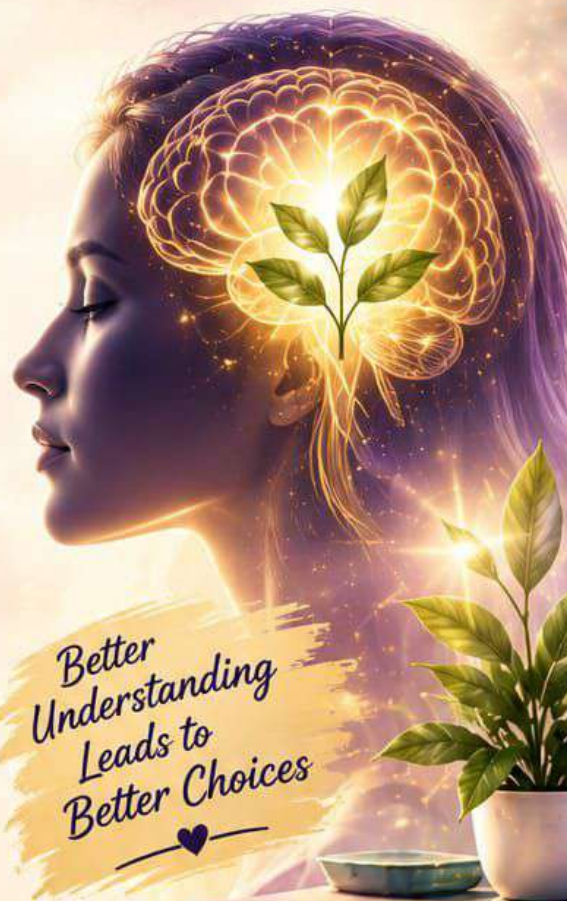
Researchers



Community leaders



Individuals interested in understanding human behaviour and overcome negative thoughts and over thinking and learn techniques to manage it



*Better
Understanding
Leads to
Better Choices*



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CONTACT INFORMATION

The International Medical Allied Health Research
Knowledge and Management Institute

 New York USA



Website

www.imahrkmi.life



Email

admin@imahrkmi.life



Instructor Email

Rabbiashabbir@imahrkmi.life



For admission inquiries, course information,
enrollment assistance, please visit over
official website or contact as through over
official email address.



LEARN

GROW

THRIVE

*Together for a Healthier Mind
and a Brighter Tomorrow*



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