

OVERTINKERS
ANONYMOUS
MANIFESTO

We are Overthinkers Anonymous.

For minds hijacked by thought.

Overthinking isn't a personal flaw.

It's a cultural epidemic.

We live in a world that rewards over-analysis, perfectionism, and productivity at all costs.

We are the *insecure overachievers* – praised for our vigilance, promoted for our attention to detail, and slowly consumed by systems built on micromanagement, meetings, and mental overload.

We look calm on the outside.

Inside, we're spinning.

Racing thoughts. Self-doubt. Sleepless nights.

We've learned to measure our worth by how much we worry.

And somewhere along the way, we forgot what peace feels like.

We were told to *think smarter*.

To *push through*.

To *do more with less*.

But real wisdom doesn't come from more thought.

It comes from clearing your mind.

From learning when to stop analysing and start listening.

At Overthinkers Anonymous, we don't fix people.

We challenge the culture that broke them.

We unlearn the habits of mental overdrive.

We build a new way of being – one that's wiser, lighter, and more human.

We believe presence matters more than pressure.

That deep awareness is more powerful than hyper-productivity.

And that in the age of AI, our edge isn't how fast we think –

It's how deeply we connect.