If you constantly find yourself in a place where you keep asking yourself what-if, then you're not alone. Everyone has moments where they think about the what-ifs in every scenario.

However, sometimes they become too overwhelming and pose as a hindrance. It's when these questions pop up for every moment that they become problematic. This stems out from not being in the "present" the "here and now", and being busy rolling in the past and reveling in the future.

**The Worst-Case Scenario**
How often does a sudden negative thought expand into a worst-case scenario for you? For example, if your friend boards a plane and your first instinct is to worry about it crashing down in flames, or a canceled date turns into a thought of being forever alone.

It's normal to have negative thoughts, no matter how extreme they might be at times. It's part of our survival instinct kicking in to constantly scan our environment, looking for something amiss and tell-tale signs to fight or flee. It's sort of a defense mechanism - when we think of the worst, then when the worst doesn't happen we'll feel relieved.'"

However, when it's taken to the extreme in too much dosage, it'll eventually break us. By constantly thinking catastrophically, we are making things worse, as our unconscious mind makes it hard to distinguish emotionally between what we imagine and what is reality.

**The Worries of the Past**
We all have regrets about past decisions we made. Persistent worrying and especially regret are typically tied to feelings of self-blame. Thinking back about our regrets distracts us from the pain it reflects. For most, it's easier to beat themselves up for decisions they regret than to face the consequences resulting from it. They tend to be stuck in a never-ending loop of past decisions.

The regrets that we have are often more complex than we thought it is. It is made up of fears and feelings of shame about what we did, who we were, who we wanted to be, how our lives turned out today.

**The Anxiety of the Unknown**
As uncertainty is part of the human experience, everyone has their fair share of the unknown. Some people thrive in uncertain times, quickly adapting and engaging to the matter at and. While others become emotionally paralyzed. The way people respond to uncertainty varies on how they perceive the unknown. Is it a challenge or is it a fear-inducing situation?

Some fears are based on what we don't know. Some fear spiders or snakes, it's based on rational thought that some are dangerous: Though some of these creatures are venomous and are dangerous, we can't say for all. Not all fears are based on such concrete information.

These worries stem from feelings of lack of predictability, and lack of control. This happens when you don't have enough information. It inhibits us to make accurate predictions and conjure a feeling that we can't control the circumstances that are happening. It triggers anxiety to rise.

The worry starts with the what-if questions, and when faced with something we can't answer, our brain works overdrive for the answers. These mostly are exaggerated conclusions and cause more anxiety, which causes more questions and worries. It continues over and over, as the things mentioned previously, this hinders us in living the best life. There are no easy solutions, but the good thing about it is that it can be remediated. Here are some tips to overcome the what-ifs plaguing our minds

**Record your thoughts.**
Write down the decision or situation you deeply worry about. Reflect on why you regret it. What about it do you regret? This will help you sort out the negative feeling and process it better. In any situation, there are negative and positive sides. By writing it down, it gives us a better perspective and we can more or less act more accordingly.

**Take action.**
In a situation where what-if thoughts are occupying your head, you can feel powerless and helpless. Taking action breaks us from this stupor. Productive action is any action that helps make progress on a problem issue, it doesn't have to be big, what matters is we're not letting our mind dwell on it too much.

**Tolerate the negative feelings.**
Having occasional anxiety or thinking about things more thoroughly are normal. Instead of trying to push the anxiety away, learn how to accept, and how to face it. Being mindful of how we react to a certain stimulus of anxiety, regret and worries can help us build tolerance from it. It teaches us how to control our emotional and behavioral responses.

Our worries, and constantly thinking about the what-ifs are actually a necessary part of life and assists in the decision-making process and motivates us to make better choices. These what-ifs help us weigh the pros and cons, evaluate different angles of a decision, and even help us to determine if these are decisions we are ready to make.

When facing the numerous what-ifs in life, we need to remember that we can't solve uncertainty because the future is not promised, and the future is not given. Take it one step at a time, move back into the present where you can take action.

Celebrate the things you accomplished for the day, and set a goal for tomorrow. Doing more than what we did yesterday deserves credit. We have to remember that we are our own best

critique. If we have time to compare ourselves to other people, then we also have the time to improve.