THE PANTEL METHOD

STOP OVERTHINKING EVERYTHING



A PRACTICAL COMPANION TO *BEYOND THE ICE*

Before you begin

This is an educational guide for adults dealing with everyday overthinking. It is not a diagnosis or a treatment programme. The Pantel Method is an organising framework for this book, not a clinically tested therapy. Its established ingredients draw on cognitive behavioural and acceptance-based approaches; the practice sequence and examples are original.

Pantel Drate is fictional. Reflections on his early story contain no central plot twists and are not new recovered documents. The everyday examples are also fictional, not testimonials. No clinical qualification or professional endorsement is claimed.

Start with a manageable situation. Adapt or leave an exercise if it increases distress or becomes a ritual. Keep real safety procedures and prescribed care. Seek professional support when difficulties persist, worsen, or interfere with daily life; seek urgent local help for immediate danger. Chapter XII explains these limits in more detail.

You do not have to fill every page. The book should give you less to carry, not another standard to meet.

Start here · A difficult moment

You do not need the perfect technique right now. For immediate danger or an urgent practical problem, act on safety and get appropriate help. For an ordinary overthinking moment, try this short route. There is no deadline for feeling calmer.

1. Pause one extra demand

Put down the extra search or unsent explanation. Notice something in the room and the surface supporting you. Leave your breathing comfortable. Name the pattern plainly: I am caught in the message again.

2. Choose the next kind of response

Is there a concrete task? Name its smallest appropriate step: open the bill, check the deadline, or arrange help. If it must wait, note when.

Have you already done the useful work and started it again? Leave the question open for now. Choose a visible action: wash a plate, put on your shoes, or read the next assignment paragraph.

3. Begin without restarting the whole day

Do the first part of that action. If you check again, begin from where you notice. You do not have to erase the thought or complete a perfect attempt.

4. Read further when there is room

Use Chapter III for practical problems, V for repeated checking, VI for intense feelings, VII for decisions, IX for relationships, and X for evenings. Chapter XII helps you prepare to ask for support. For now, one appropriate step is enough.

Try a single-page record

Write the event in one sentence. Under it, add your interpretation and the feeling it brings. List one or two relevant facts that support the interpretation and one or two that complicate it. Finish with a sentence that includes what you know, what you do not know, and what you will do next.

For a low-stakes situation, give this a brief limit, perhaps five minutes. Then close the page. Decide beforehand what would justify reopening it: an actual reply, a new fact, or a scheduled conversation. Feeling unsure again is not automatically new information.

A filled-in page, including the part that stays uncertain

This is how Leah might complete field page B during the evening above. These are fictional example answers, not the correct words you must reproduce.

What I observed, without added motives: I sent an invitation this afternoon. There is no reply yet. I have reopened the conversation several times.

What I think it means: I am afraid I have become a burden. I keep treating the absence of a reply as confirmation.

Relevant information that supports or complicates that interpretation: The reply is later than I hoped. I do not have a direct statement that my friend is upset. We have had delayed replies before. None of this tells me what is happening today.

What I do not know: Why the reply is late, whether the invitation will be accepted, and whether there is a problem between us.

A balanced sentence and a useful next action: I feel rejected, and I do not yet know the reason for the silence. I will finish preparing dinner. If there is still no reply after the interval I chose, I can send a straightforward follow-up.

My stopping point and reason to reopen this page: This note is finished for now. A reply or another relevant event may change the information. Feeling afraid again does not add a fact by itself.

Reading that final answer, Leah wants to add that her friend is probably busy. She leaves it out. It is possible, but she is about to use the possibility as a guarantee. The page can be complete without providing the reassurance she hoped to get from it.

Your answers may be shorter and less tidy. You might write, "No reply. I feel awful. I do not know why. Make dinner." That can be enough. The usefulness lies in the distinction and the next action, not the elegance of the record.

The boundary of evidence gathering

Some thoughts do not improve through repeated argument. If you have already examined a question and now feel compelled to prove the same conclusion again, the next skill may be disengagement rather than another record. Intrusive thoughts and compulsive mental reviewing can require a different, individually guided approach. Chapter XII explains when to seek assessment.

Do not use this worksheet to talk yourself out of observable danger or repeated mistreatment. If someone threatens you, the threat is information. You do not need a list of comforting alternatives before protecting yourself.

REUSABLE FIELD PAGE / B

The three headings

Use short notes. Leave questions unfinished when that is the useful choice.

What I observed, without added motives:

What I think it means:

Relevant information that supports or complicates that interpretation:

What I do not know:

A balanced sentence and a useful next action:

My stopping point and reason to reopen this page: