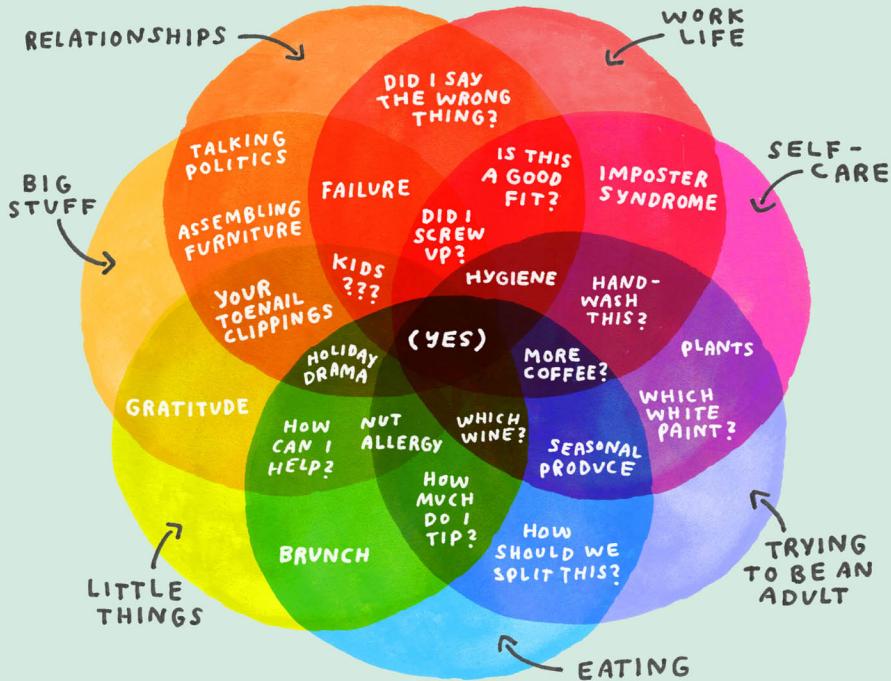


# AM I OVERTHINKING THIS?



OVER-ANSWERING LIFE'S QUESTIONS IN 101 CHARTS

by MICHELLE RIAL

HOW MUCH DO I TALK FOR THIS? WHY AM I ALWAYS LATE? HOW'S MY HAIR?  
AM I GOING TO REGRET THIS? SHOULD I MOVE ACROSS THE COUNTRY? WHICH  
IS THE BEST MEAT IN NATURE? HAS THIS EVER HAPPENED TO YOU? CAN I WORK FROM HOME?  
WHAT'S WRONG WITH MY CAR? WHAT'S THAT SMELL? ARE AIR FRESHENERS  
WORTH THE INSURANCE? WHAT CAN I DO TO HELP? IS THAT A BAD QUESTION? HOW  
DO I GO ABOUT TRYING TO GET SOMEONE TO STOP SMOKING? SHOULD I TRY  
TO GET SOMEONE TO STOP SMOKING? SHOULD I START MEDITATING? IS THIS A PANIC  
ATTACK? SHOULD I BUY THIS? DO I NEED TO DECLUTTER MY HOME?  
DO I NEED TO CANCEL MY CREDIT CARDS? WHAT SHOULD WE LISTEN TO?  
WHAT KIND OF WINE? CAN I BRING IT TO A PARTY? SHOULD I GRAB SOME KALE?  
AM I FEELING A BIT ILL? AM I GOOD AT MY JOB? IS THIS IMPOSTER SYNDROME? AM I  
LATE? DO I STILL HAVE A JOB? WHAT DID THAT EMAIL MEAN? HOW SHOULD I  
HANDLE THIS? HOW SHOULD I HANDLE ME? WHICH TOTE BAG SHOULD I USE? WHICH GROCERY STORE?  
WHICH PARTY? HOW DO I MAKE SMALL TALK? DO WE HAVE ANYTHING BETTER?  
DO I SPELL THAT RIGHT? CORRECTLY? FURTHER OR FARTHER? AFFORDABLE?  
SHOULD I READ MY BOOK IN THE BATH TUB? SHOULD I LEND YOU MY CAR?  
IS THERE REALLY IS SOMETHING WRONG WITH ME? WHAT IF I WAS A BIT MORE?  
IS IT IMPORTANT TO DISAGREE ON BIG ISSUES EVEN IF YOU CAN'T CHANGE?  
HOW DO I STAY CALM? WILL IT BE OK? WILL I EVER USE THE MATHS?  
WHICH WHITE PAINT SHOULD I USE? DO I HAVE TOO MANY PLANTS?  
WILL THE RENTHOOD CHANGE EVERYTHING? HAS ANYONE SEEN MY SUNGLASSES?  
WHAT AM I FORGETTING? STILL OR SPARKLING? AM I EATING TOO MUCH?  
IS THERE MORE? DOES THIS NEED MORE BUTTER? CAN I CLIP MY TOENAILS HOME?  
WHAT IS THE STATE OF OUR RELATIONSHIP? WHAT DID THAT TEXT MEAN? IS THERE  
SOMETHING THERE TO BE GRATEFUL FOR? HOW DO YOU MEASURE, MEASURE A  
MOMENT? MODELING THE BATHROOM MYSELF? IS IT AS EASY AS IT LOOKS?  
SHOULD I CANCEL MY CREDIT CARDS OR SHOULD I TRY TO FIND IT THIS TIME? AM I FORGETTING  
ABOUT THEIR BIRTHDAY? WHY DO PEOPLE LOVE CAMPING SO MUCH? WHAT IS THE BEST  
TIP WITHOUT CAUSING PERMANENT DAMAGE? WHAT SHOULD I BRING TO L.A.?  
SHOULD I TAKE TWENTY MINUTES? SHOULD I TOUCH THIS DOOR HANDLE?  
WILL A STANDING DESK MAKE A DIFFERENCE? IS THIS TOO MANY EXCLAMATIONS?  
IS IT WORTH IT? SHOULD I GO OUT? AM I TOO OLD? SHOULD I STAY IN?  
IS THIS BOOK MAKE ME SOUND NEUROTIC? IS THERE A WORD FOR THIS?

AM I A FRIEND? AM I A JOEY OR A CH  
BIN DOES THIS GO IN? AM I USING TOO MUCH PLASTIC? AM I SPEN  
THIS COFFEE SHOP? DO I HAVE TO ASK FOR THE BATHROOM CODE? IS T  
RS BAD FOR YOU? IS ANYTHING GOOD FOR YOU? HOW DO I FIND A DOCTOR?  
AVE I HAD TOO MUCH COFFEE? IS THAT WHY MY HANDWRITING IS SO S  
IC ATTACK? AM I BEING PRODUCTIVE? WHAT AM I GOING TO EAT? TAKE  
E? SHOULD I GET RID OF EVERYTHING? WHERE ARE MY HAIR TIES? WHE  
? DID I LEAVE THE IRON ON? SHOULD I EAT THE REST OR SAVE IT  
BRUNCH? HOW SHOULD WE SPLIT THIS? SHOULD WE GET ICE CREAM  
GETTING FIRED? SHOULD I BE MY OWN BOSS? IS THIS A HEALTH  
START THIS EMAIL? CAN YOU TELL I'M STRESSED? WHAT DOES  
TORE? DO YOU HAVE ANY DIETARY RESTRICTIONS? WHAT CAN I SE  
ER TO TALK ABOUT? SHOULD I WASH MY HANDS AGAIN? AM I A GE  
ECT OR EFFECT? IS THIS OFF TOPIC? SHOULD I HAVE ANOTHER  
MY BOOK IF YOU READ IN THE BATHTUB? WHY DO I CARE ABOUT  
RIGHT? AM I CATASTROPHIZING? DO PEOPLE REALLY DISAGREE OR  
CHANGE ANYONE'S MIND? AM I DOING ENOUGH? HOW ARE YOUR HOL  
LEARNED IN SCHOOL? WILL I EVER USE THE MATH I LEARNED I  
? DO I ALREADY KNOW THE ANSWER TO THAT? CAN I KEEP IT  
LASSES? AM I FLOSSING ENOUGH? SHOULD I POP THIS ZIT? JUST  
MUCH CHEESE? HOW AM I FULL ALREADY? CHIPS? GUAC? HOW M  
ERE? WHERE ARE MY HAIR TIES? CAN WE HANDLE A TRIP TO  
THIS A DEAL BREAKER? SHOULD WE TALK? AM I WRONG ABOUT  
A YEAR? HOW DO I GET THROUGH ANOTHER HARSH WINTER? S  
S ON TV? CHIPS FOR DINNER? WHERE'S MY WALLET? DO  
RGETTING ANYTHING? HAS ANYONE SEEN KEVIN? DOES EVERY  
T ARE THE INGREDIENTS IN A MARSHMALLOW? HOW FAR CAN  
DO FOR MY BIRTHDAY? WHAT IF NOBODY CAN MAKE IT? DO  
NDLE? SHOULD I ADD ANOTHER CUP TO THE COLLECTION ON M  
AMINATION POINTS? SHOULD I SPEAK UP? AM I A PERFECTIONIST  
? SHOULD I REGIFT THIS WINE? WHAT DID WE DECIDE ABOUT  
A NEUROTIC BOOKS? NEUROTICA? IS THAT DUMB? ARE YOU JUDGIC



# AM I OVERTHINKING THIS?



OVER-ANSWERING LIFE'S QUESTIONS IN 101 CHARTS

by MICHELLE RIAL



CHRONICLE BOOKS  
SAN FRANCISCO

Copyright © 2019 by Michelle Rial.

All rights reserved. No part of this book may be reproduced in any form without written permission from the publisher.

Library of Congress Cataloging-in-Publication Data

Names: Rial, Michelle, author.

Title: Am I overthinking this? / by Michelle Rial.

Description: San Francisco : Chronicle Books, [2019]

Identifiers: LCCN 2018035784 | ISBN 9781452175867 (hc), 9781452177380 (epub, mobi)

Subjects: LCSH: Worry--Humor.

Classification: LCC PN6231.W648 R53 2019 | DDC 818/.602--dc23 LC record available at <https://lcn.loc.gov/2018035784>

Design by Rachel Harrell.

Amtrak is a registered trademark of National Railroad Passenger Corporation. The Beatles is a registered trademark of Apple Corps Limited. Disneyland is a registered trademark of Disney Enterprises, Inc. IKEA is a registered trademark of Inter IKEA Systems B.V. Kryptonite is a registered trademark of Schlage Lock Company LLC. La Croix is a registered trademark of Everfresh Beverages, Inc. Teflon is a registered trademark of The Chemours Company FC, LLC. Q-tip is a registered trademark of Unilever. Walt Disney World is a registered trademark of Disney Enterprises, Inc.

Chronicle Books LLC  
680 Second Street  
San Francisco, California 94107  
[www.chroniclebooks.com](http://www.chroniclebooks.com)

100% OF THIS BOOK IS  
DEDICATED TO LENNY

---

THE OTHER 100% IS  
FOR MY PARENTS

# Table of Contents

## 10 Introduction

## 13 Overthinking My Daily Routine

- 14 Where are my hair ties?
- 15 Do I have enough hairpins?
- 16 Am I flossing enough?
- 17 How long should this dish soak?
- 18 Should I wash my hands again?
- 20 What does my tote bag say about me?
- 21 What should we listen to?
- 22 Has anyone seen my sunglasses?
- 23 Do I need to cancel my credit cards?
- 24 Can I injure myself while Q-tipping?
- 25 Should I pop *this* zit?
- 26 Did I leave the iron on?
- 27 What am I forgetting?

## 29 **Overthinking**

### **Breakfast, Lunch, and Dinner**

- 30 Is this wine OK?
- 31 Should I have more coffee?
- 32 Am I eating too much cheese?
- 33 Should I grab some kale?
- 34 How am I full already?
- 35 Does this need butter?
- 36 Should we get ice cream?
- 38 How should we split this?
- 39 Is brunch fiscally irresponsible?
- 40 Is it watermelon season?
- 42 Why do I feel terrible?
- 43 Should I eat the rest or save it?
- 44 Still or sparkling?
- 45 What can I serve at this party?

## 47 **Overthinking**

### **the Subject Line**

- 48 How should I start this email?
- 49 How should I end this email?
- 50 Does this need an exclamation point?
- 51 Am I getting fired?
- 52 Are people judging me by my desk?
- 53 What if I watch old episodes of “The Office” while I work?
- 54 What if I fail?
- 55 Can you tell I’m stressed?
- 56 Am I good at my job?
- 58 What’s more important?
- 59 Is this a healthy lifestyle?
- 60 How do I make small talk?
- 61 Do we have anything better to talk about?

## 63 **Overthinking**

### Adult Life

- 64 Is it normal to cry on your birthday?
- 65 What should I do for my birthday?
- 66 What's so great about camping?
- 68 Is this too luxurious?
- 69 Should I lend you my books?
- 70 Should I go out?
- 71 What am I going to eat?
- 72 Can I keep it alive?
- 73 Do I have too many plants\*?
- 74 Which white paint should I use?
- 75 Will my home project look like the ones I see on TV?
- 76 How do I get better at this?
- 77 Is it too late to start?
- 78 Should I frame this myself?
- 79 Which couch should I get?
- 80 Do I have to hand-wash this?
- 81 Is it wedding season already?

- 82 Should I buy this?
- 83 Should I get rid of this?
- 84 Which bin does this go in?
- 85 Am I using too much plastic?

## 87 **Overthinking**

### Relationships

- 88 Am I going to regret this?
- 89 Will our relationship survive this step?
- 90 What does this *mean*?
- 91 Is this a deal breaker?
- 92 Is this a good fit?
- 93 Can you handle my hang-ups?
- 94 Am I a bad friend?
- 95 Which F·R·I·E·N·D am I?
- 96 Maybe we should talk?
- 97 Excited for the holidays?
- 98 Will parenthood change everything?

## 101 **Overthinking** the Small Stuff

- 102 What's worse?
- 104 Is it too early to plan my Halloween costume?
- 105 Can I make it through another harsh winter?
- 106 Will I ever use the math I learned in school?
- 107 Will I ever use the math I learned in "Mean Girls"?
- 108 Is my haircut awful?
- 109 How much do I tip for this?
- 110 Does everywhere in L.A. take twenty minutes?
- 111 Why am I *always* late?
- 112 Why don't I bike more often?
- 113 What's wrong with my car?
- 114 Can I work from this coffee shop?
- 115 Has this\* ever happened to you?
- 116 Am I spending enough time in nature?
- 117 What can I learn from the outdoors?

## 119 **Overthinking** the Big Stuff

- 120 How do I find a good doctor?
- 121 What if there really *is* something wrong with me?
- 122 How do I stay calm?
- 123 Am I doing enough?
- 124 Do I really need to worry about climate change?
- 125 What if it's too late?
- 126 What can I do to help?
- 127 What is there to be grateful for?
- 128 Is this obvious yet?
- 130 Did I screw up?
- 131 Should I give myself a break?
- 132 What would the Beatles do?
- 133 How do you measure\*, measure a year?
- 134 Will it be OK?
- 136 Acknowledgments

# Introduction

**This is not a book of charts.**

**This is a book of questions.** Questions I'll attempt to answer and over-answer with the help of charts, graphs, and physical objects. Questions like: Which wine should I bring? How should I start this email? Do I *really* need more plants?

**This book is a window into my anxieties,** and maybe some of yours, too. In it, I try to capture the infinite mind maps we, as over-thinkers, create when we attempt to make even the most insignificant of decisions.

**This book has dreams of being on your coffee table,** but hopefully never as a coaster (more about book lending etiquette on page 69). It dreams of being a gift to your friend with the plant ~~problem~~ hobby. It hopes to be a reminder that there isn't always one right answer—and that, sometimes, the only answer is to pick a path and keep moving.

**This book is a work-around.** It's a response to a long struggle with chronic pain that eventually limited my ability to work as a graphic designer. I'd spent years creating dense digital charts and infographics,

accompanied by an endless cycle of flare-ups. I eventually left my job as a senior designer at a fun media company with great snacks, very aware of all that I could no longer do. Eventually, and thankfully, I shifted my focus to what I *could* do—charts—but they had to be simple. I switched to pen and paper, adding the occasional object when my hands were too achy from drawing. With these simple charts, I could tell the story of my many anxieties in just a few lines.

**This book didn't cure me**, but it did give me a reason to keep going.

But maybe I'm overthinking it.

**It's also a book of charts.**



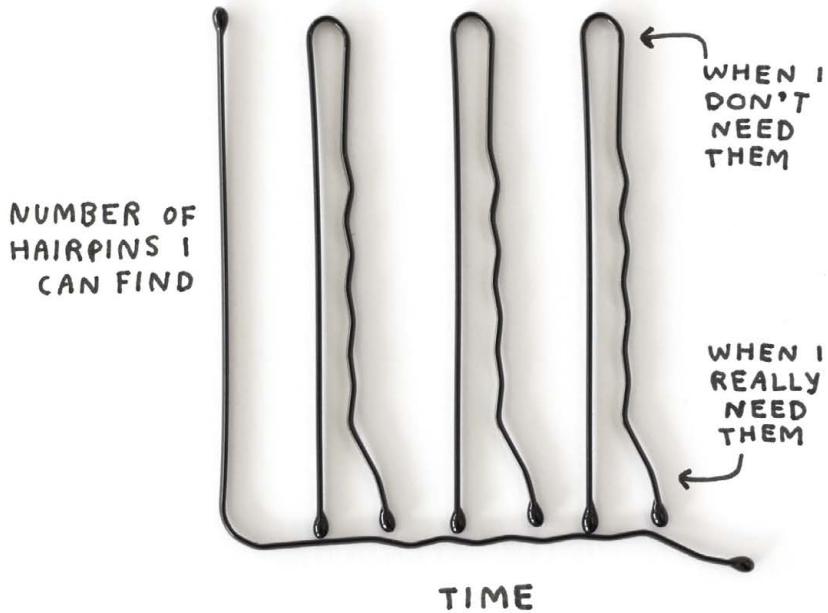
# **OVERTHINKING**

**My Daily Routine**

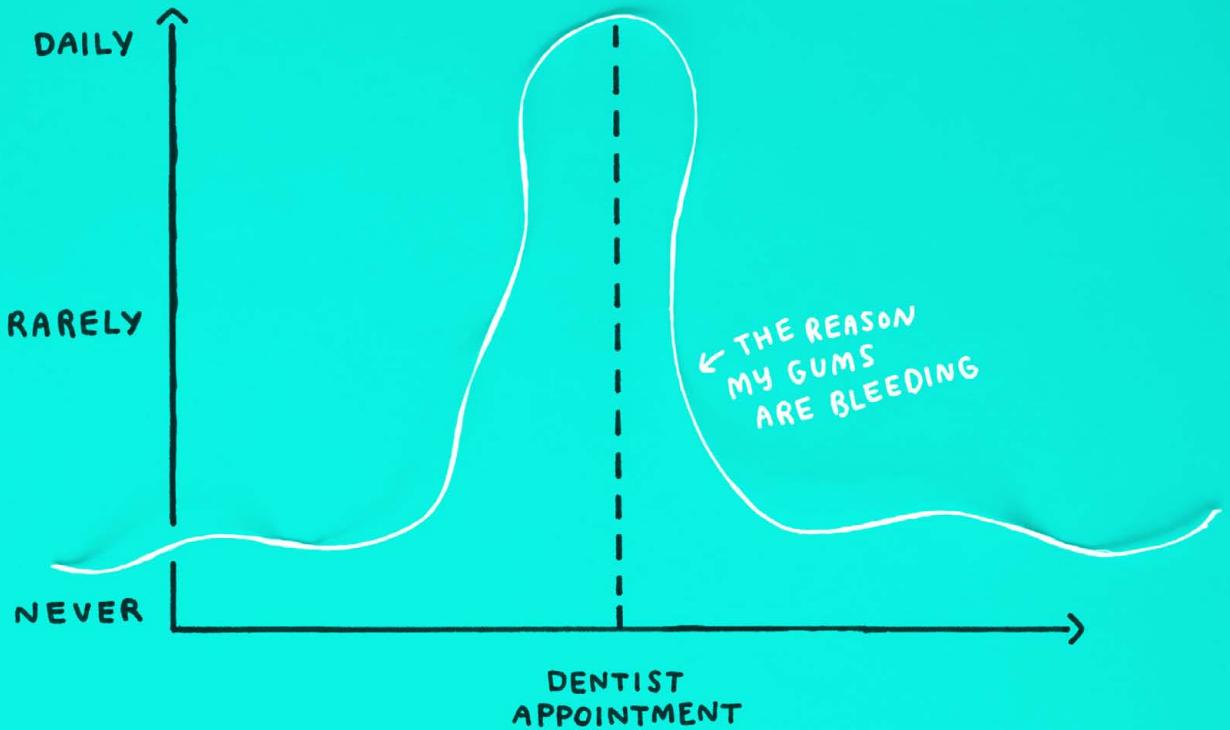
WHERE ARE MY HAIR TIES?



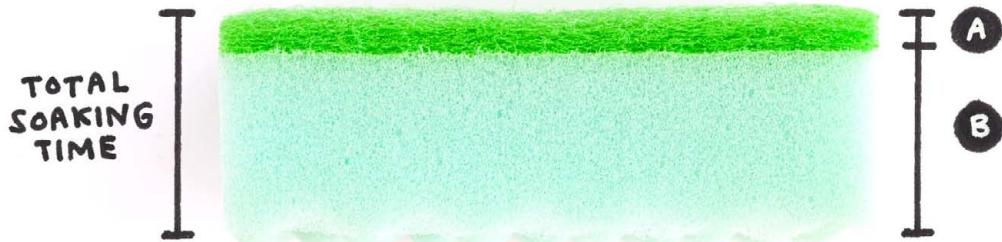
# DO I HAVE ENOUGH HAIRPINS?



# AM I FLOSSING ENOUGH?



HOW LONG SHOULD  
THIS DISH SOAK?

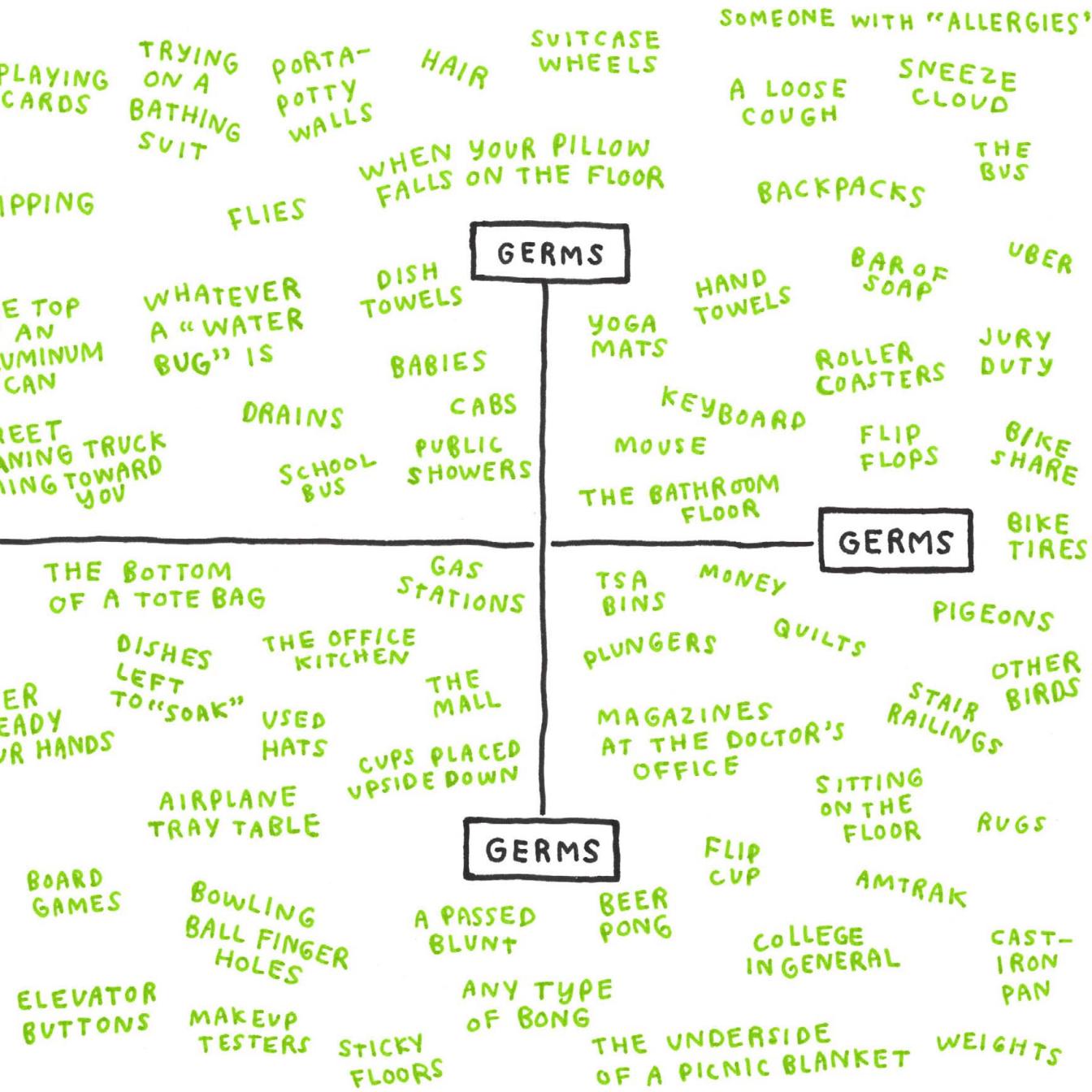


**A** NECESSARY  
SOAKING TIME

**B** OOPS, I FORGOT  
ABOUT IT

SHOULD I WASH  
MY HANDS AGAIN?

- WEARING SHOES INSIDE
- HAVING A PET
- LUGGAGE ON A BED
- REST STOPS
- LAUNDROMAT CARTS
- SHOPPING CARTS
- SALONS
- WATER PARKS
- OTHER PEOPLE'S PETS
- DRINKING FOUNTAIN
- OTHER PEOPLE'S KIDS
- CROSSWALK BUTTONS
- AN OLD JAR OF PEANUT BUTTER
- DOUBLE-D
- MY OWN PHONE
- SHARING ANYTHING
- SHAKING HANDS
- MY DOG LICKING ME IN THE EYE
- TOILET HANDLE
- TH OF AL
- THE POOL
- PAPER TOWEL DISPENSER
- WALKING BAREFOOT
- FREE SAMPLES
- DRINK LIDS
- DISNEY WORLD AND LAND
- STR CLEAN COM
- THE OCEAN
- MAIL
- BATHTUBS
- PAWS
- PANTS
- TAKING OUT THE TRASH
- PUBLIC TRANSIT
- ALL AREAS OF THE AIRPORT
- THE POST OFFICE
- FEET
- THE OMV
- THE AREA UNDER THE SINK
- THE DOOR HANDLE AFT YOU'VE ALR WASHED YOU
- A POORLY LABELED DISTINCTION BETWEEN USED SPOONS AND CLEAN SPOONS
- NAIL SALONS
- THE OUTSIDE OF A BOTTLE OF HAND SANITIZER
- WATER FOUNTAINS
- MOVIE THEATER SEATS
- THE 200
- THE BUFFET LINE
- E-READERS
- BAR NUTS
- DOORKNOBS
- DUST
- NAIL CLIPPERS
- CONTACT LENS CASE
- THE LIBRARY
- EATING
- UNTIED SHOELACES



WHAT DOES MY TOTE  
BAG SAY ABOUT ME ?

I WANT  
YOU TO KNOW  
WHAT I  
CARE ABOUT

I CARE  
ABOUT  
REDUCING  
WASTE

I CARE  
ABOUT  
INDEPENDENT  
BOOKSTORES  
(ESPECIALLY IF THE  
LOGO IS NICE)

WHAT SHOULD WE LISTEN TO?

WHATEVER'S POPULAR

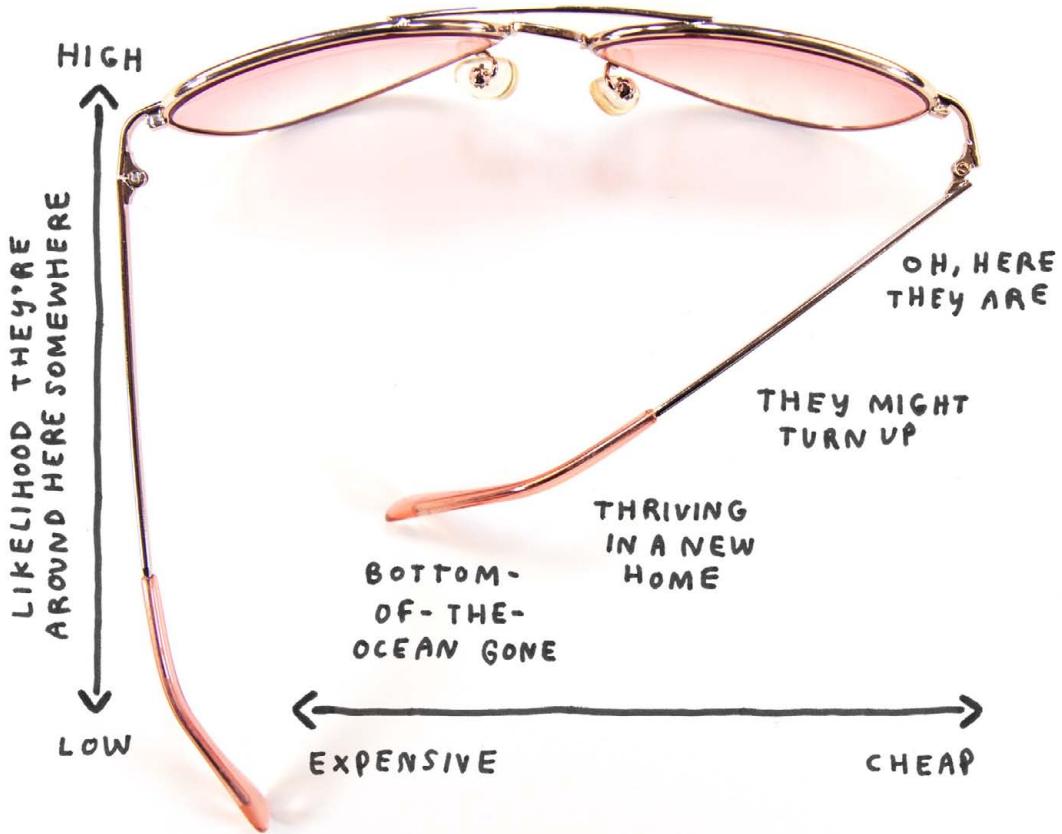
JAZZ MIGHT BE NICE?

PUBLIC RADIO

AGE



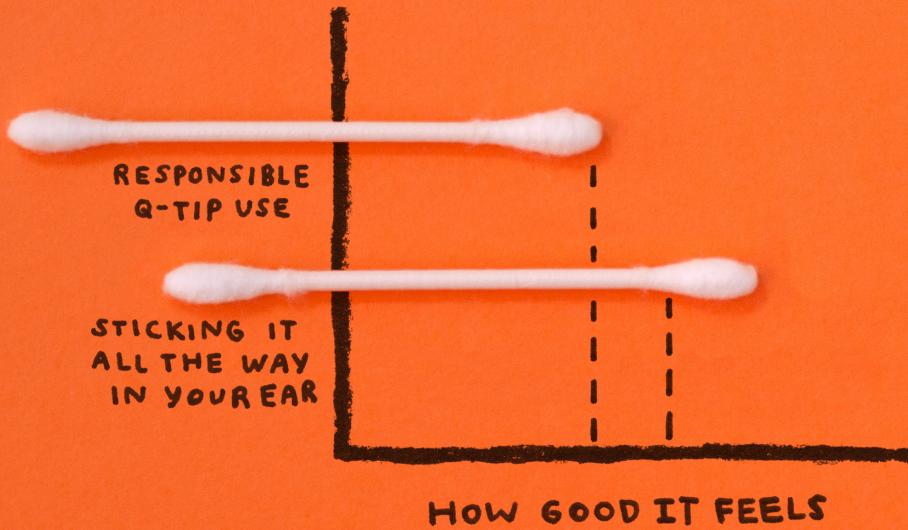
HAS ANYONE SEEN MY SUNGLASSES ?



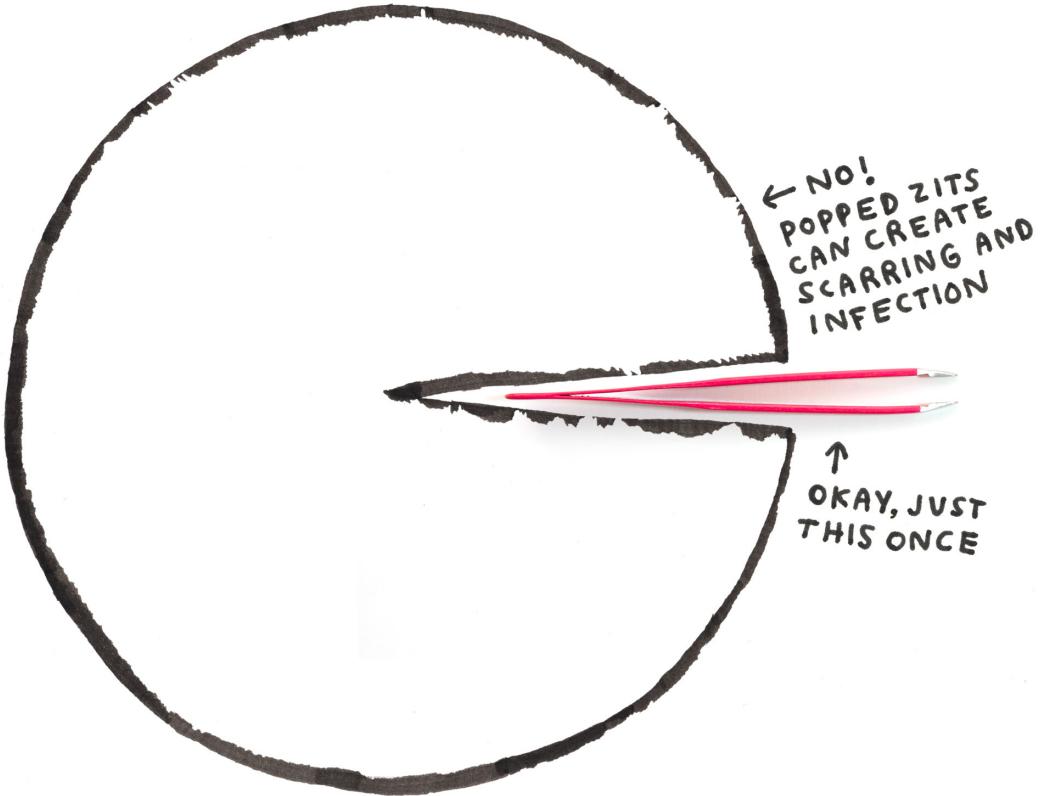
DO I NEED TO CANCEL MY CREDIT CARDS?



CAN I INJURE MYSELF  
WHILE Q-TIPPING?



SHOULD I POP this ZIT?



DID I LEAVE THE IRON ON?

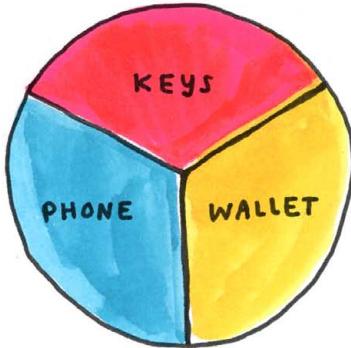
TIME SPENT  
GOING BACK TO  
DOUBLE CHECK:  
TWO MINUTES



TIME SPENT  
IMAGINING THE  
WORST POSSIBLE  
OUTCOME OF  
LEAVING THE  
IRON ON

# WHAT AM I FORGETTING?

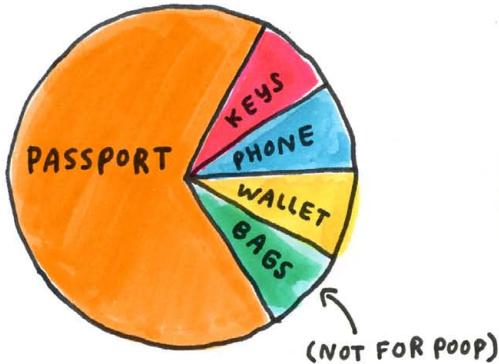
I'M GOING OUT



I'M WALKING THE DOG



I'M TRAVELING INTERNATIONALLY



I'M TRAVELING TO PARIS WITH THE McCALLISTERS



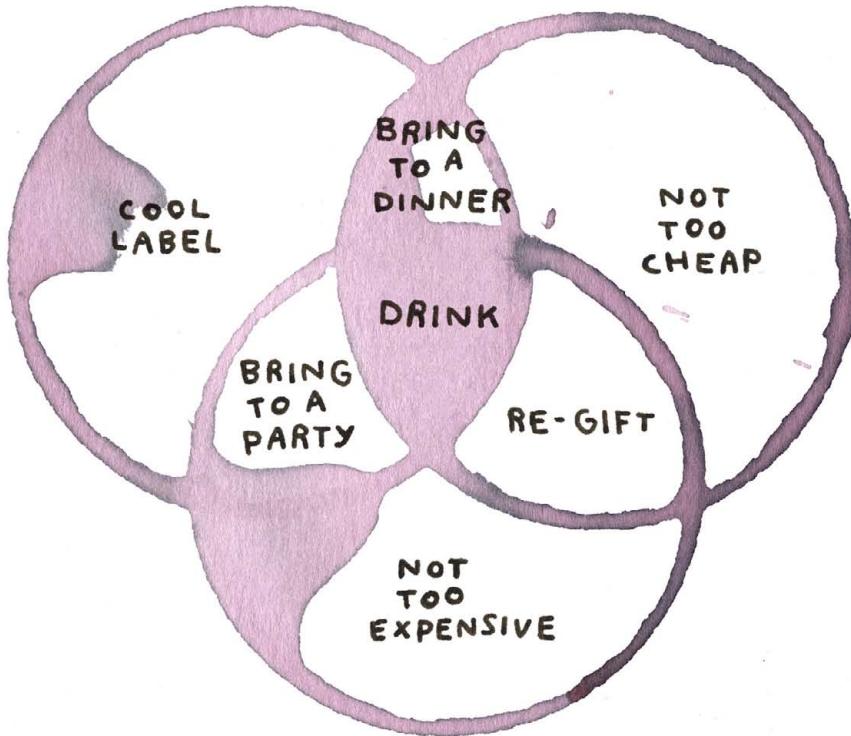
LIKELIHOOD OF LEAVING IT BEHIND



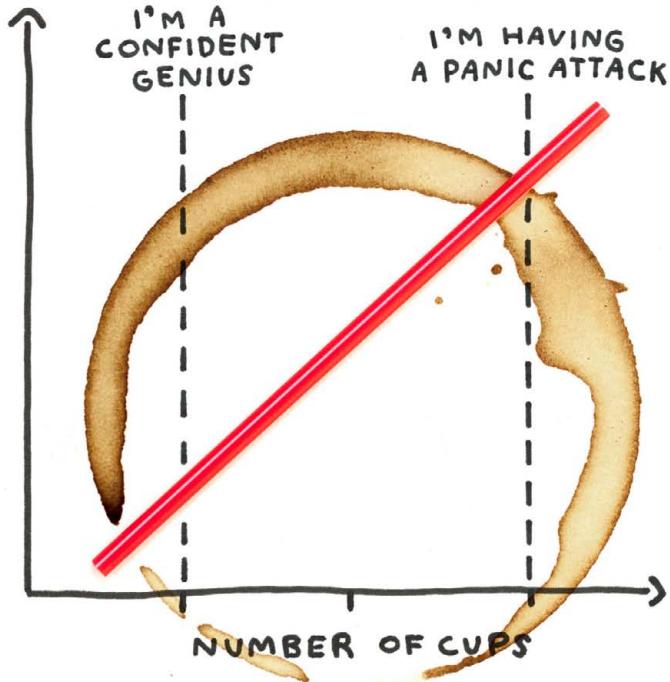
# OVERTHINKING

Breakfast, Lunch, and Dinner

IS THIS WINE OK ?



SHOULD I HAVE MORE COFFEE?



PRODUCTIVITY



ANXIETY

AM I EATING  
TOO MUCH CHEESE?

I HAVE  
A HEALTHY  
RELATIONSHIP  
WITH CHEESE

I HAVE A  
PROBLEM



---

GIVING UP  
CHEESE  
WOULD BE  
A BRIE-ZE

I'M A  
SOCIAL  
EATER

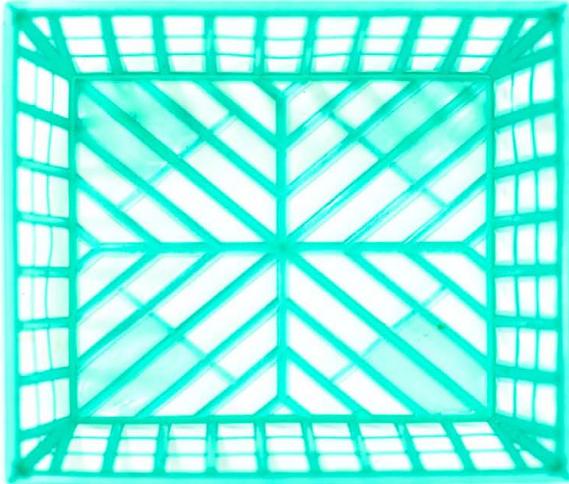
ALL FOOD  
IS A VEHICLE  
FOR CHEESE

I'M  
VERY  
SICK

SHOULD I GRAB  
SOME KALE?

IT'S TIME  
TO GET  
HEALTHY

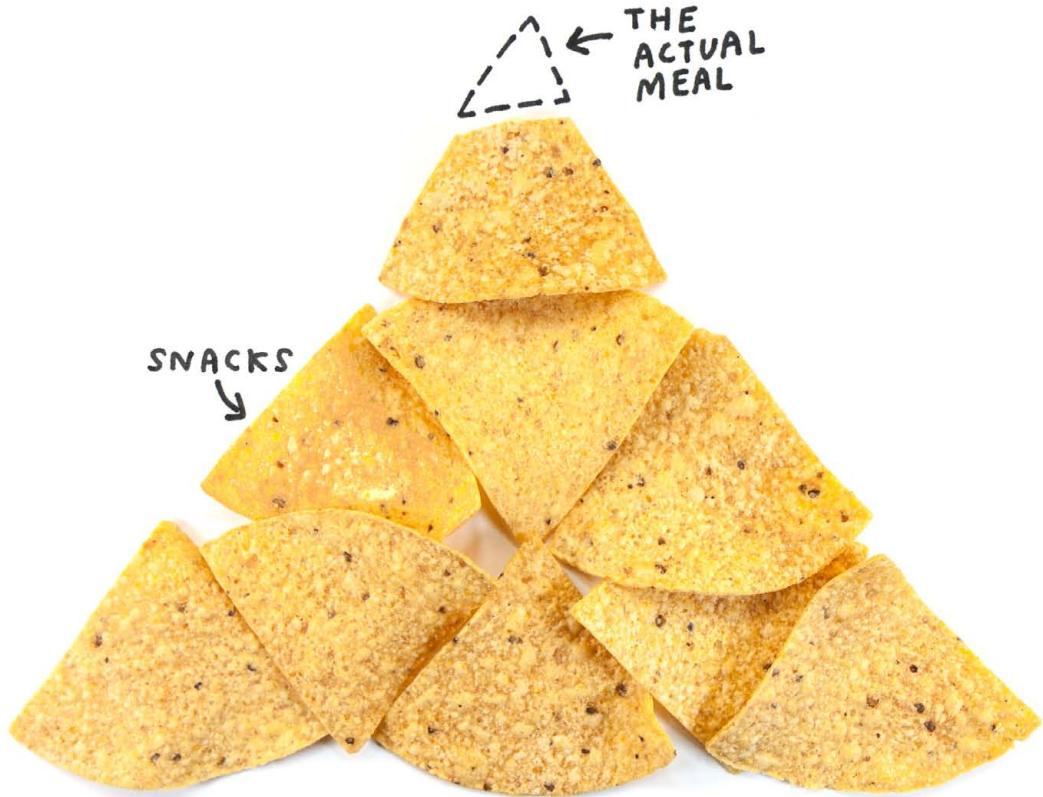
GONNA  
GRAB SOME  
KALE!



THE KALE  
IS A BAG OF  
BROWN WATER

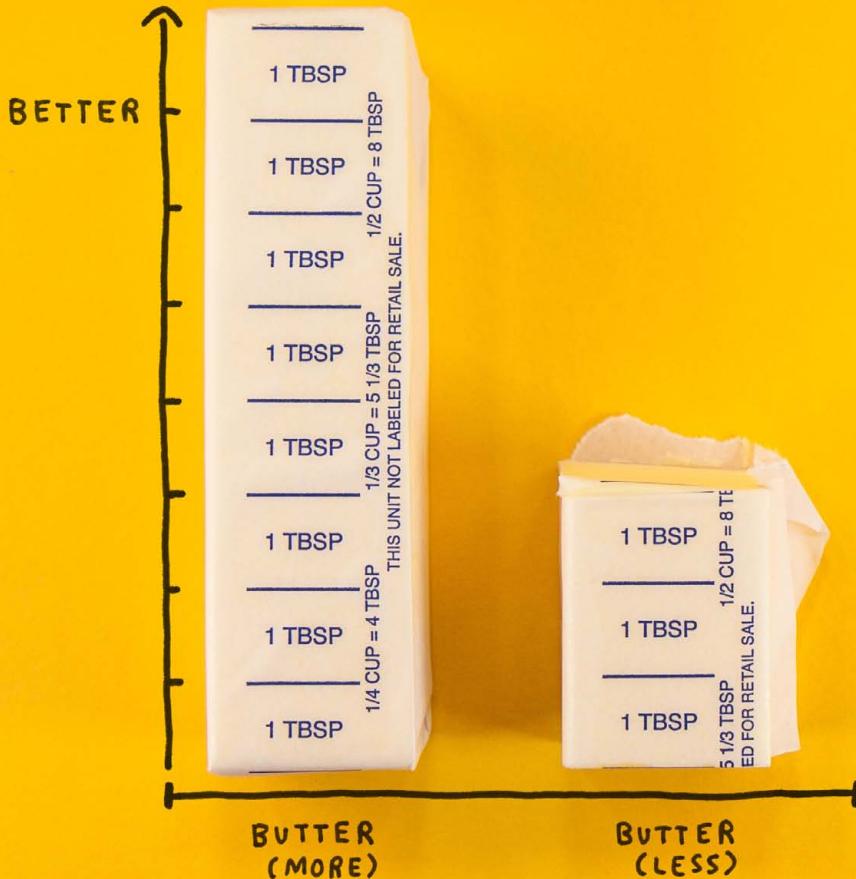
I FORGOT  
ABOUT  
THE KALE

HOW AM I FULL ALREADY?



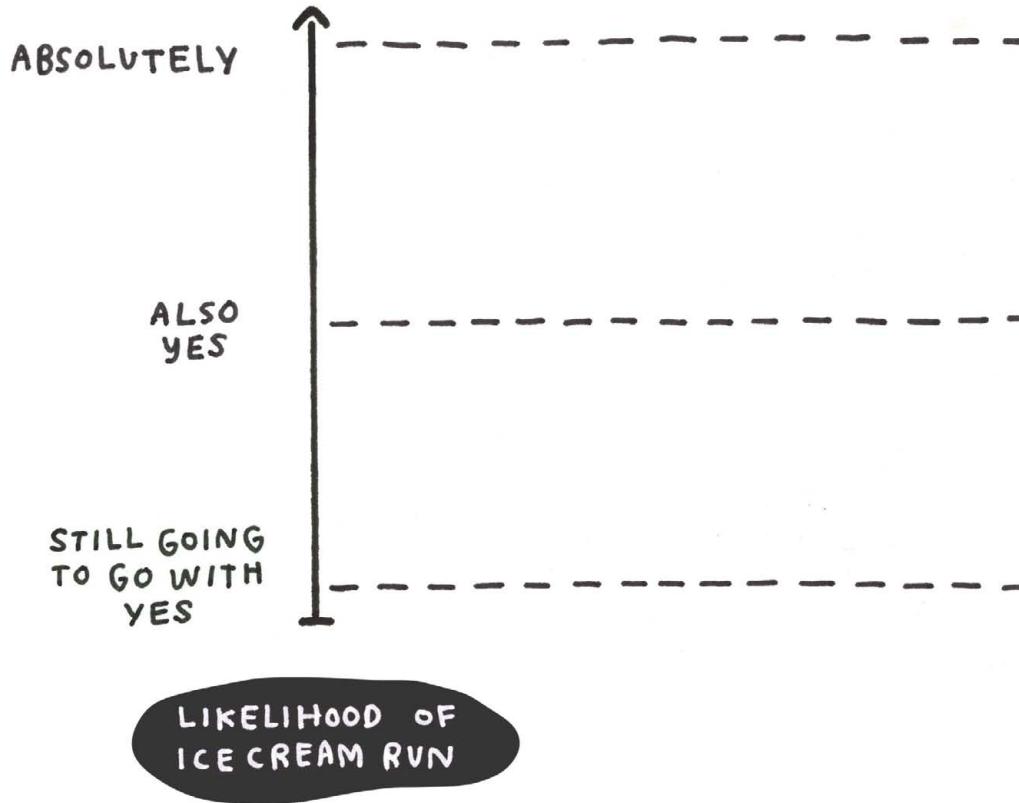
A FOOD PYRAMID FOR SNACKERS

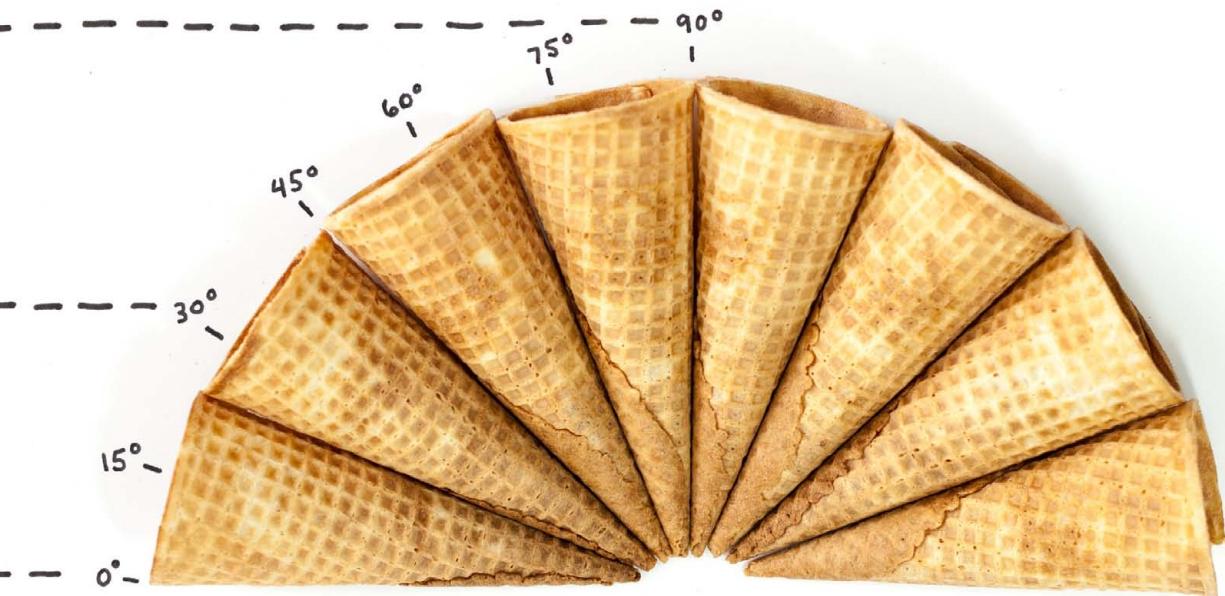
# DOES THIS NEED BUTTER?



NOTE: I AM NOT A NUTRITIONIST

SHOULD WE GET ICE CREAM?





TEMPERATURE  
IN FAHRENHEIT

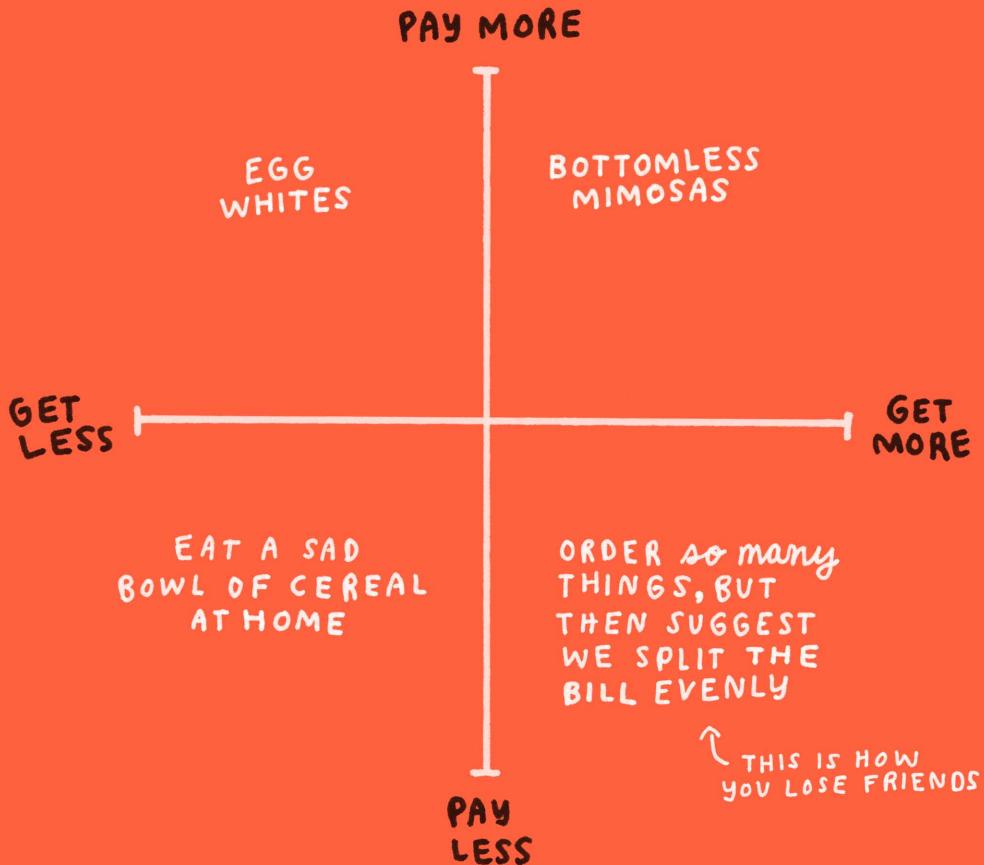
HOW SHOULD WE SPLIT THIS?

NUMBER  
OF CHECKS ↑



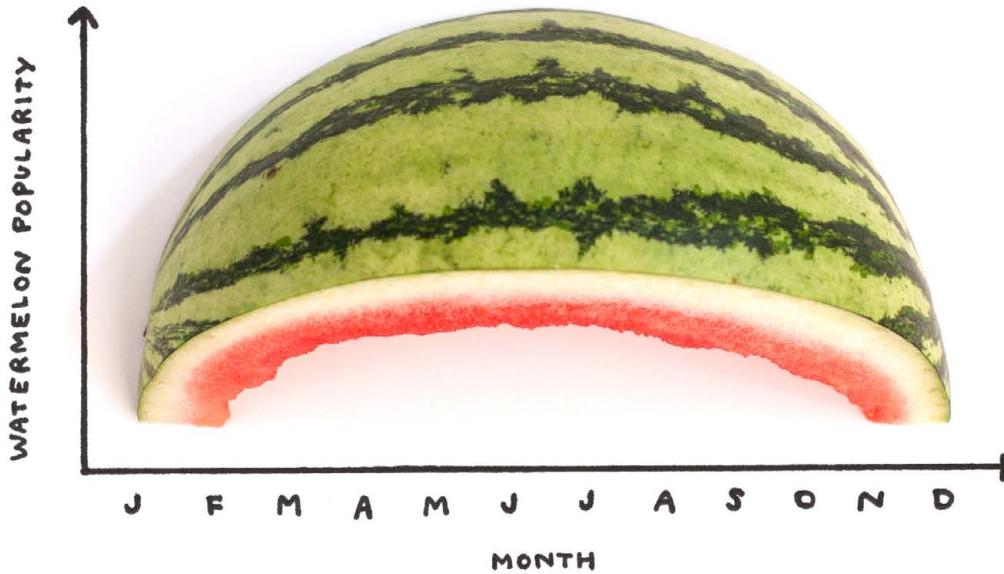
SHAME →

# IS BRUNCH FISCALLY IRRESPONSIBLE?



# IS IT WATERMELON SEASON?

NORTHERN  
HEMISPHERE



# IS IT WATERMELON SEASON?

SOUTHERN  
HEMISPHERE



WHY DO I FEEL TERRIBLE?



SHOULD I EAT THE  
REST OR SAVE IT?



IF I SAVE HALF,  
I'LL HAVE A  
WHOLE MEAL  
FOR LATER

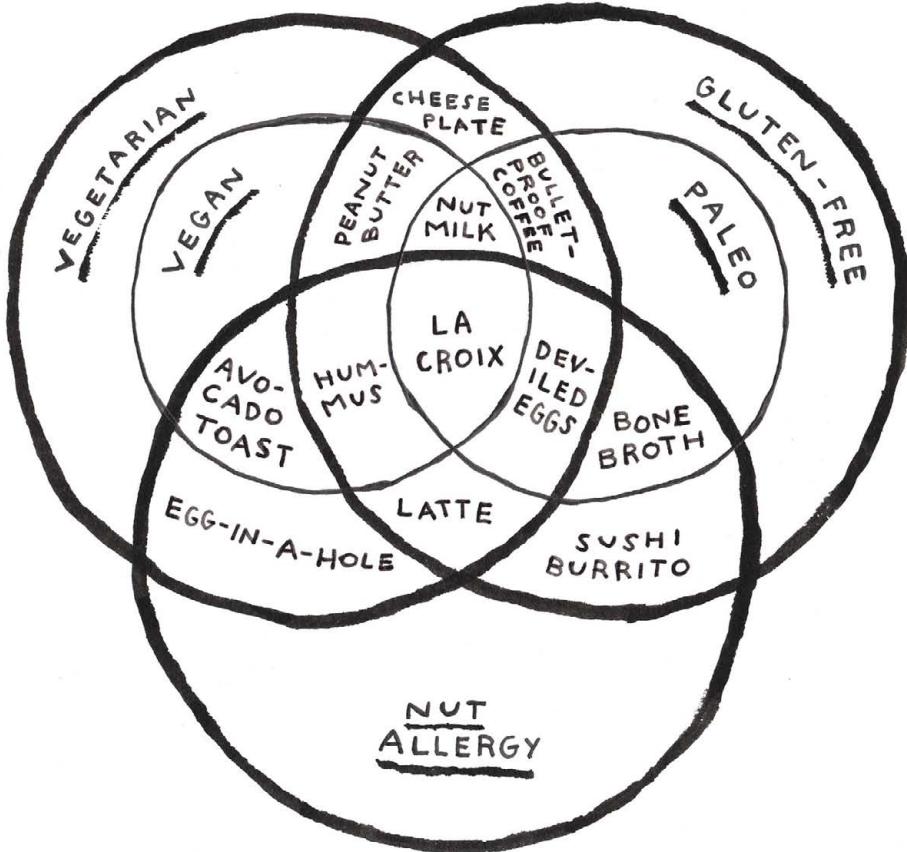
JUST A FEW  
MORE BITES

FORGET IT

STILL OR SPARKLING?

	WINE	WATER
BUBBLES		
NO BUBBLES		THE ONE THAT'S FREE

WHAT CAN I SERVE  
AT THIS PARTY?



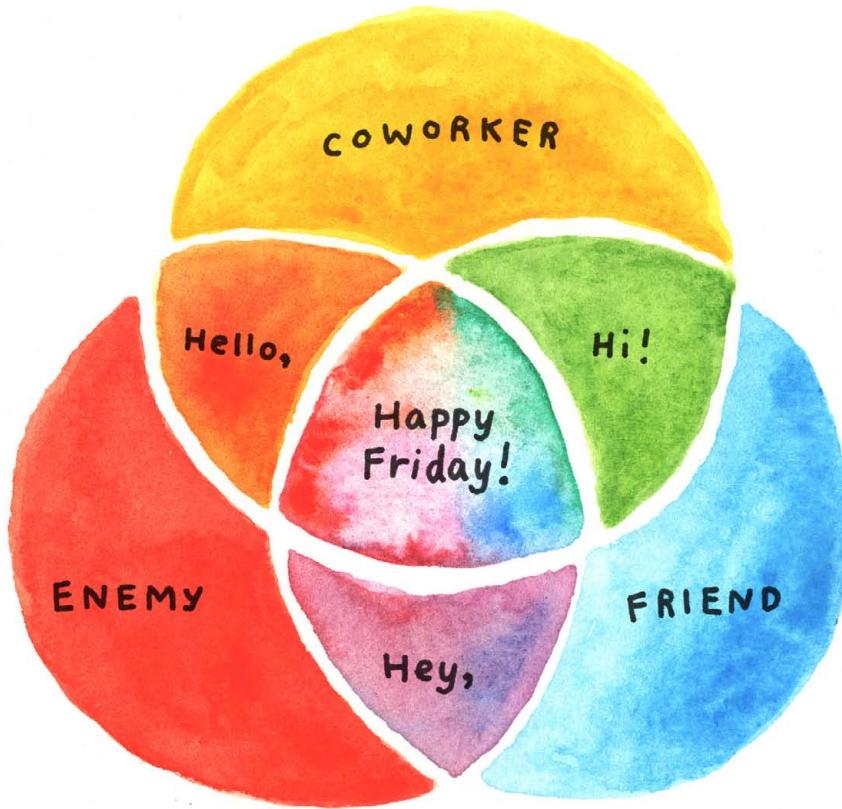


***OVERTHINKING***

---

**the Subject Line**

HOW SHOULD I START THIS EMAIL?

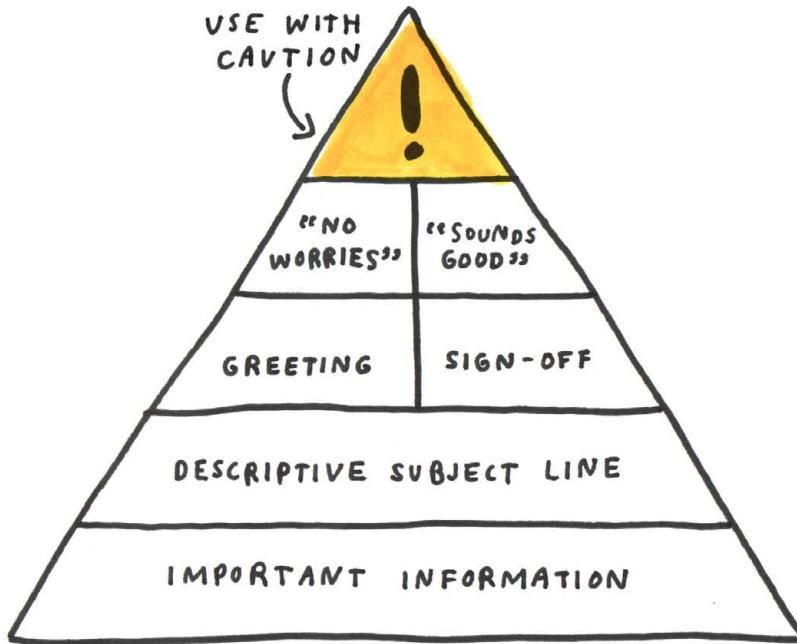


TIP: SAVE ALL YOUR EMAILS FOR FRIDAY

HOW SHOULD I END THIS EMAIL?



DOES THIS NEED AN  
EXCLAMATION POINT?

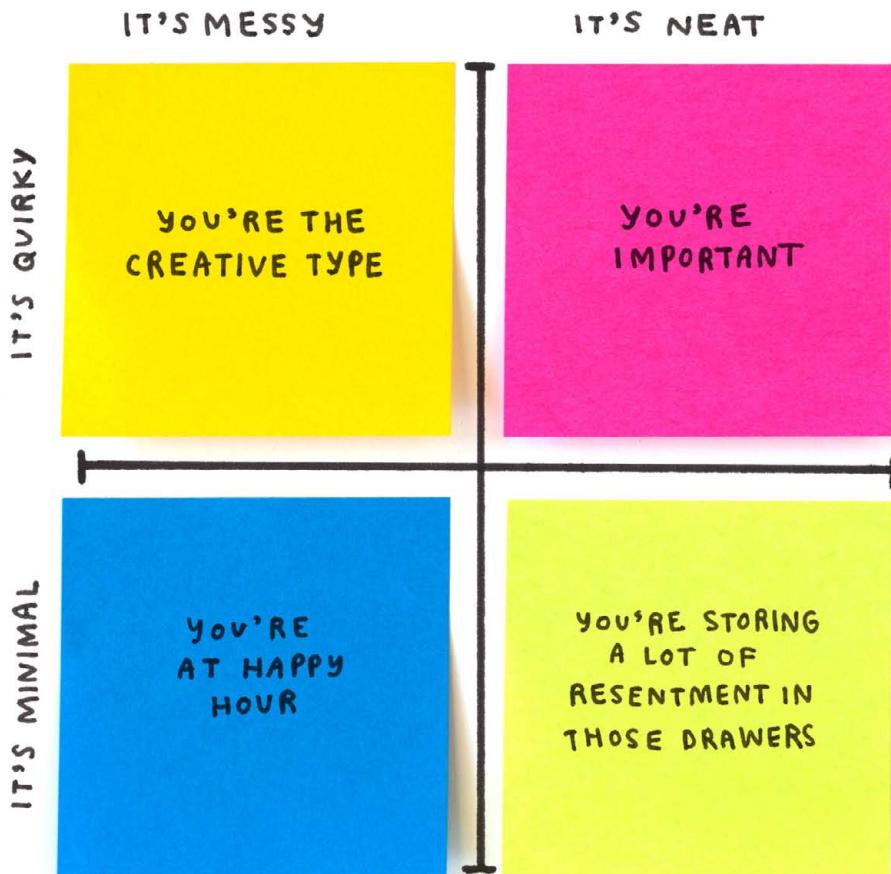


EMAIL STRUCTURE PYRAMID

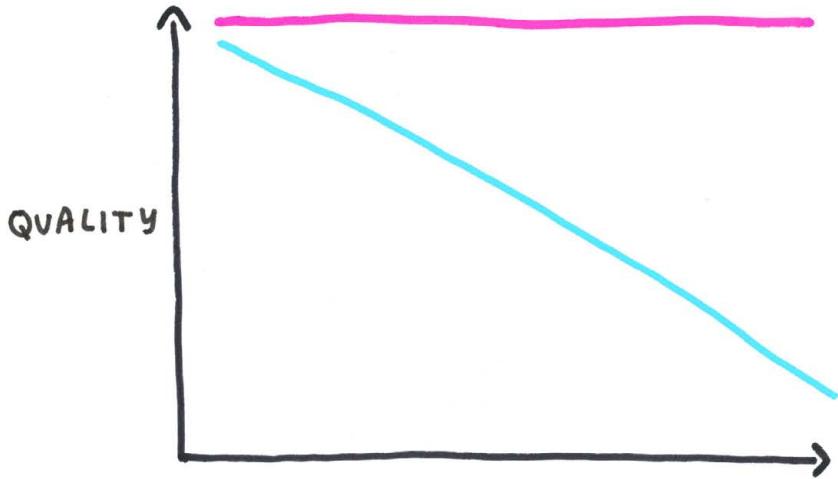
## AM I GETTING FIRED?

THEY SAID...	IT MIGHT MEAN	BUT IT PROBABLY MEANS
SOUNDS GOOD!	EVERYTHING IS FINE	EVERYTHING IS FINE
SOUNDS GOOD.	I'M GETTING FIRED	SOUNDS GOOD.
THAT'S FINE.		IT'S FINE.
OK.		OK.
HMMM...		HMMM...
HEY, CAN WE TALK?		WOW, MAYBE I'M REALLY GETTING FIRED??

ARE PEOPLE JUDGING ME BY MY DESK?



WHAT IF I WATCH OLD EPISODES  
OF "THE OFFICE" WHILE I WORK?



- EXPECTATION
- REALITY

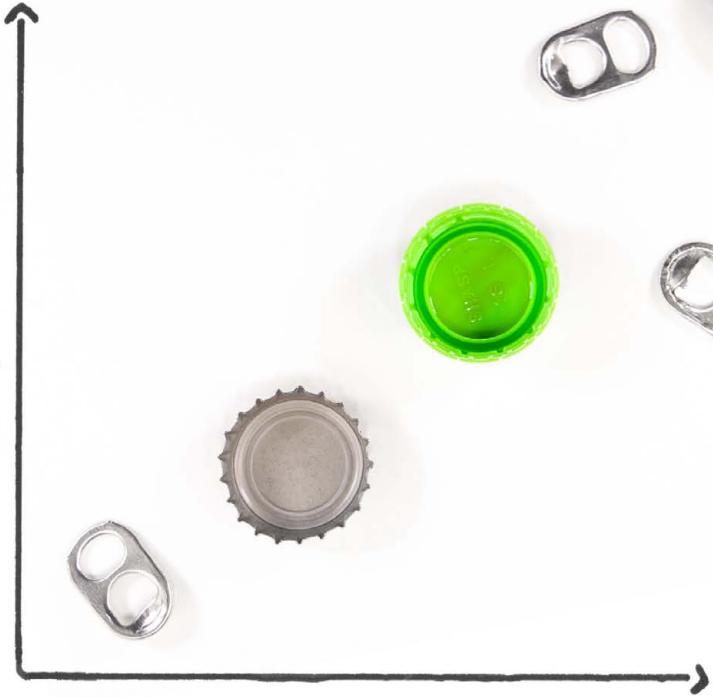
\* THAT'S WHAT  
SHE SAID

# WHAT IF I FAIL?

	FAILURES	SUCCESSES
MANY ATTEMPTS	### ### ### ### ### ### ### ### ### ### ### ###	###
NO ATTEMPTS	NONE	N/A

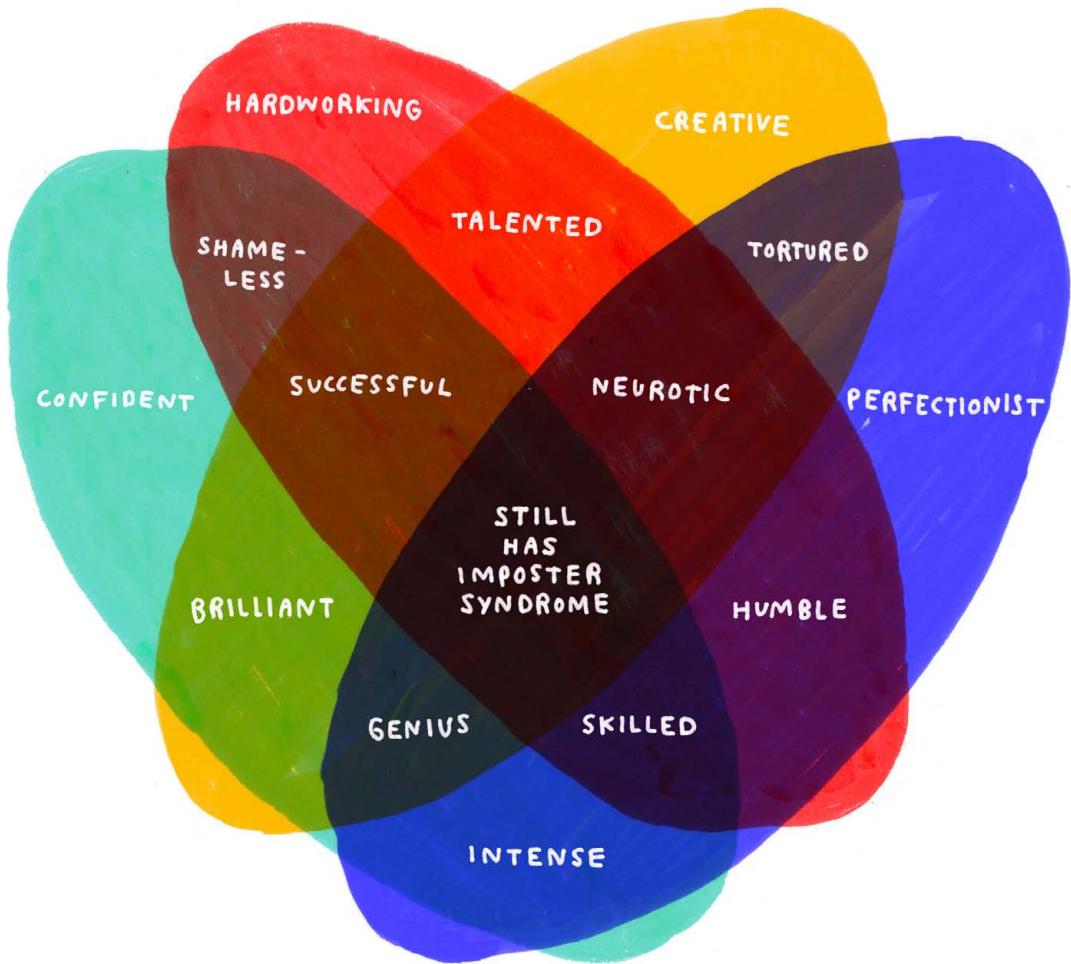
CAN YOU TELL  
I'M STRESSED?

HOW MUCH  
WORK I STILL  
HAVE TO DO

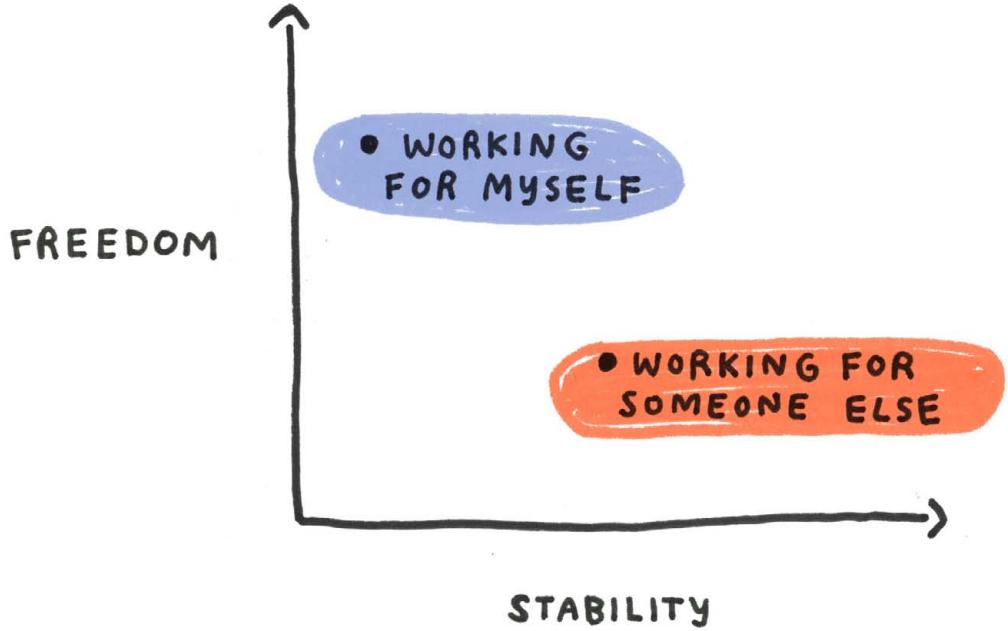


NUMBER OF UNFINISHED  
DRINKS ON MY DESK

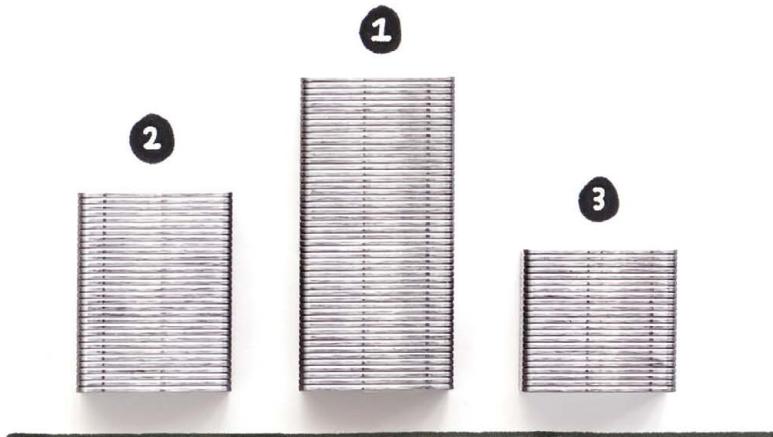
AM I GOOD  
AT MY JOB?



WHAT'S MORE  
IMPORTANT?



IS THIS A  
HEALTHY LIFESTYLE?



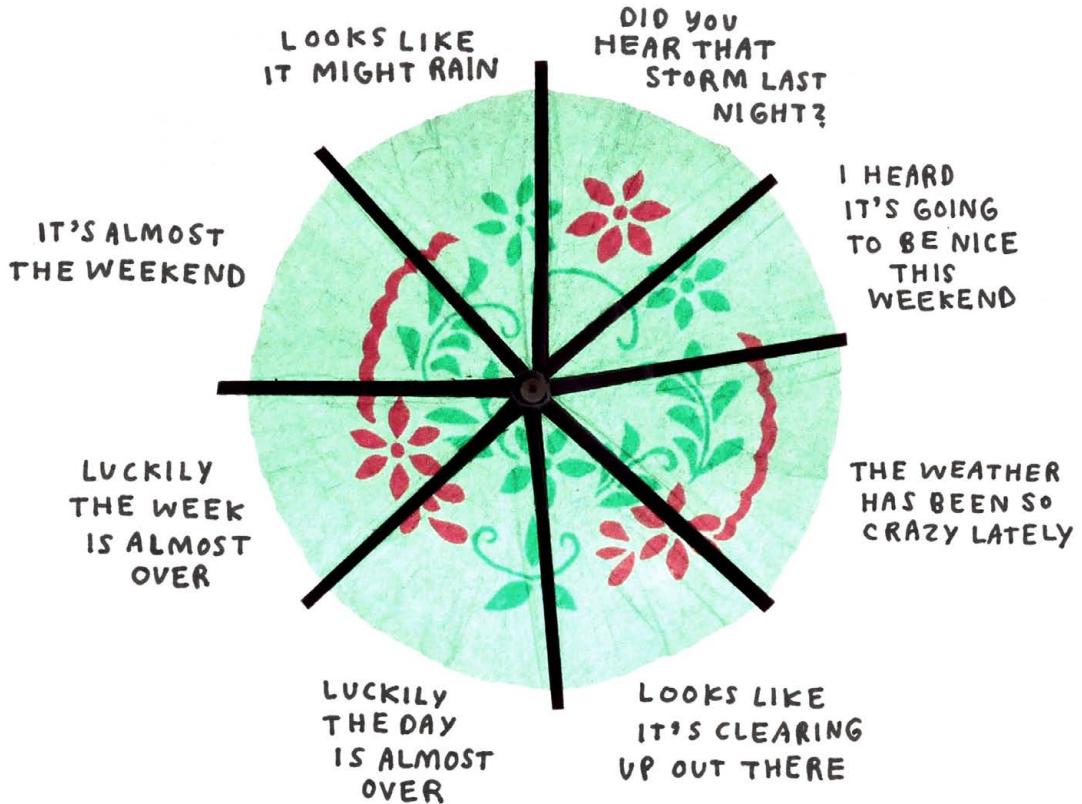
BIKES  
TO WORK

ACTUALLY  
STANDS AT  
STANDING  
DESK

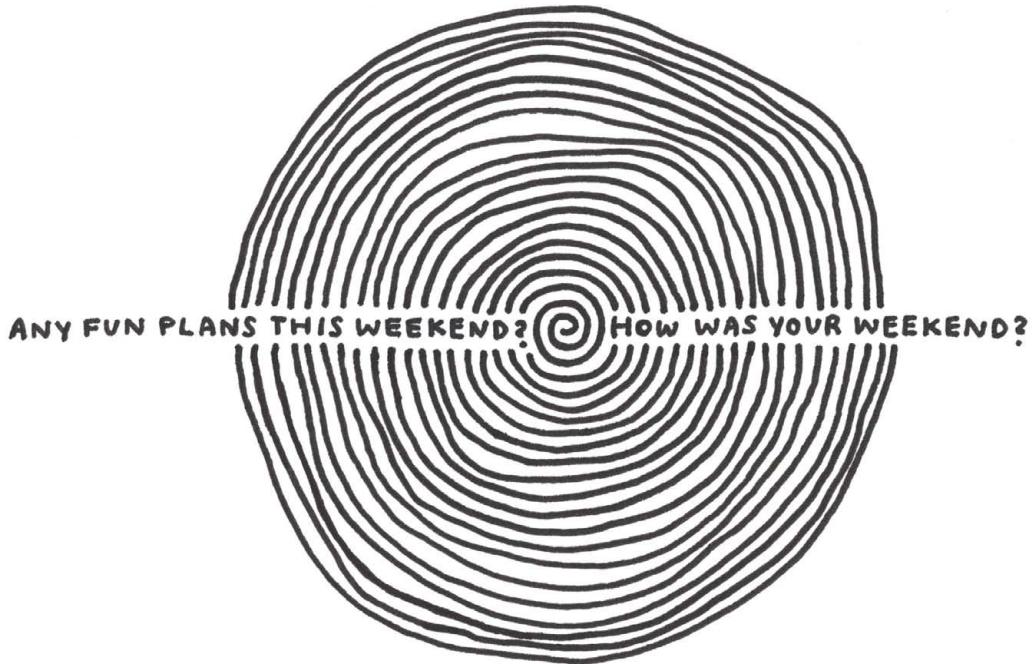
MULTIPLE  
TRIPS TO  
THE FRIDGE

CORPORATE OLYMPICS

## HOW DO I MAKE SMALL TALK?



DO WE HAVE ANYTHING  
BETTER TO TALK ABOUT?



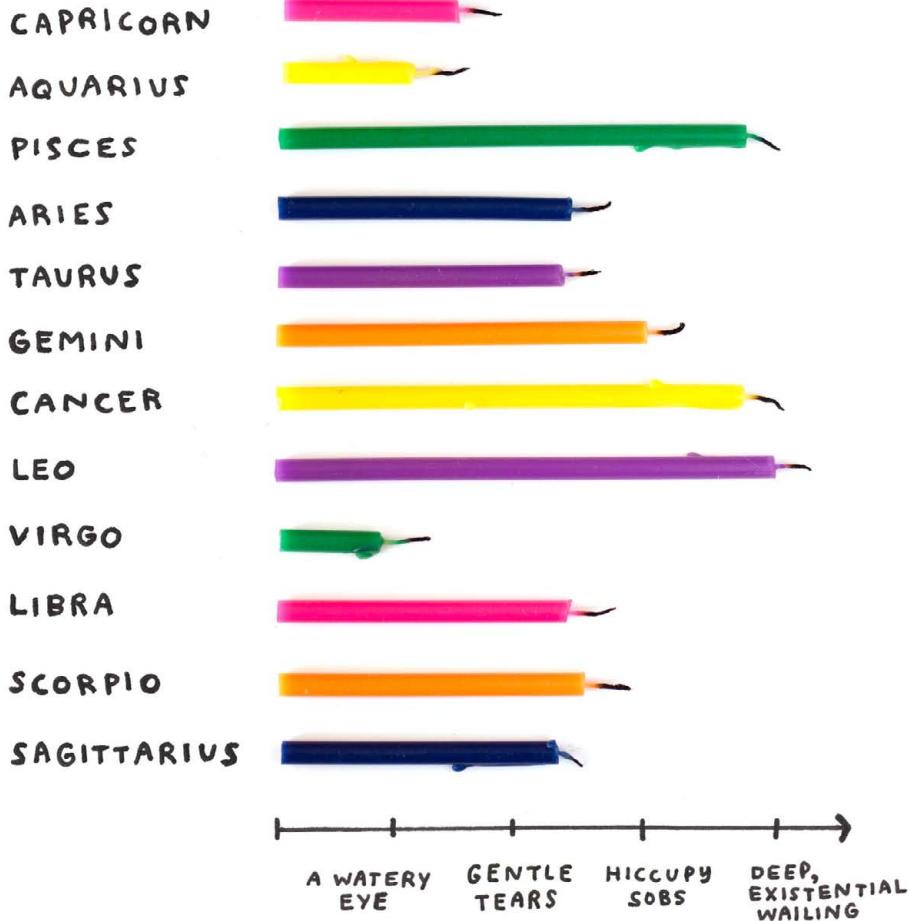


# ***OVERTHINKING***

---

**Adult Life**

## IS IT NORMAL TO CRY ON YOUR BIRTHDAY?



# WHAT SHOULD I DO FOR MY BIRTHDAY?



BUILDING A FIRE

S'MORES

S'MORES

THE STARS

WAKING UP FOR SUNRISE

THE STARS

NATURE SOUNDS

NATURE SMELLS

NATURE SMELLS

SETTING UP A TENT

SETTING UP A TENT

SLEEPING ON  
THE GROUND

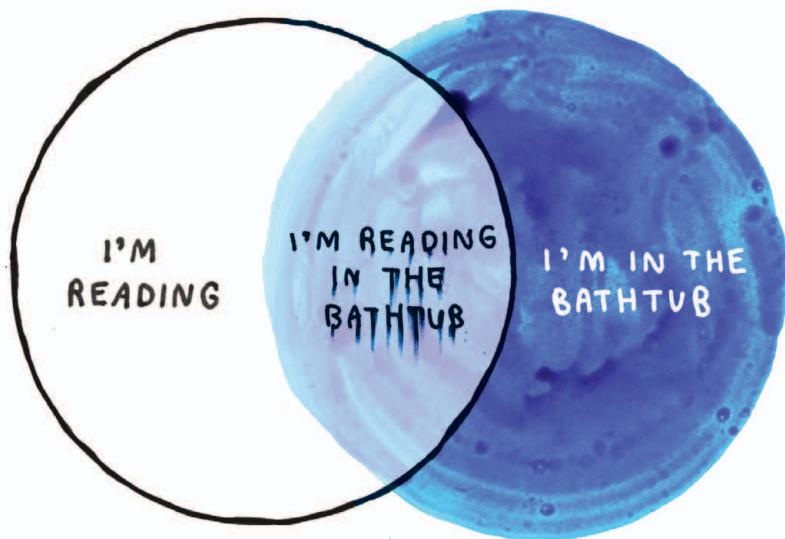
WHAT'S SO GREAT  
ABOUT CAMPING?

S'MORES

NATURE SMELLS



IS THIS TOO  
LUXURIOUS?



## SHOULD I LEND YOU MY BOOKS?

LIKELIHOOD I'LL  
LEND YOU MY  
FAVORITE BOOK



← I CAN'T STAND  
THE IDEA THAT YOU  
HAVEN'T READ IT

← YOU USE A BOOKMARK

← YOU'RE A DOG-EAR-ER

← I'VE SEEN YOU  
USE A BOOK AS  
A COASTER

← YOU READ  
IN THE  
BATHTUB

→ RISK

"He's trying to write writing love stories. Bad he'd let me. He writes th just tell."

"Bad?"

"Substanceless."

"He's never been in I

"Probably not. Have

She nodded. She still

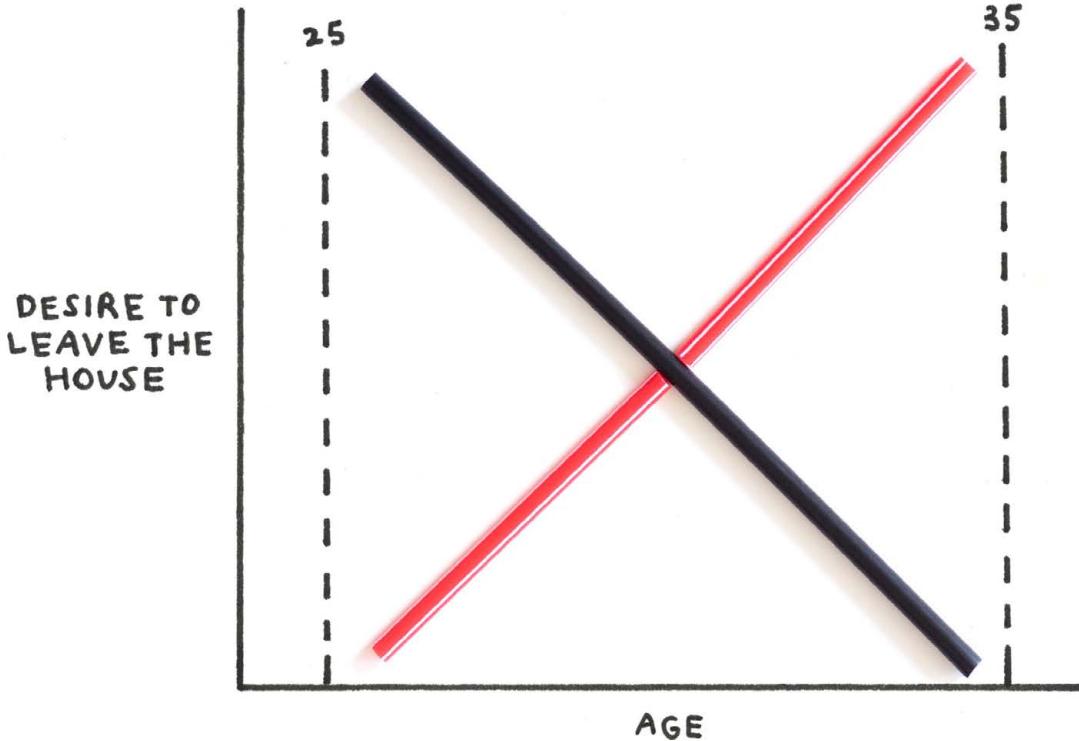
"Scrap thinks it mus the stories."

"It is."

"I think it sounds nice."

"No." A thought edged its way out of her mouth. "You're substanceless, a little, I think."

SHOULD I GO OUT?



ON A FRIDAY NIGHT



ON A SATURDAY MORNING

WHAT AM I  
GOING TO EAT?

ORDER  
IN

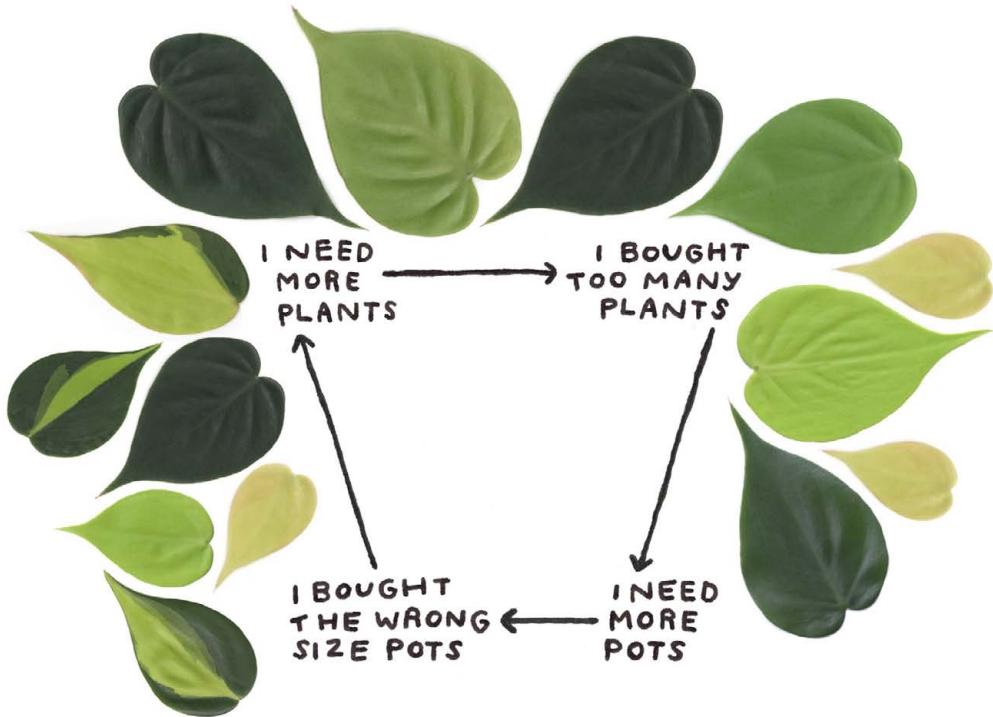


A FOOD PYRAMID FOR STAYING IN

CAN I KEEP IT ALIVE?



DO I HAVE TOO  
MANY PLANTS\*?



\*AND NOT LIKE, IN A "COOL URBAN JUNGLE" KIND OF WAY  
BUT IN AN UNHEALTHY, FIRE HAZARD KIND OF WAY?

WHICH WHITE PAINT  
SHOULD I USE?



WILL MY HOME PROJECT LOOK  
LIKE THE ONES I SEE ON TV?

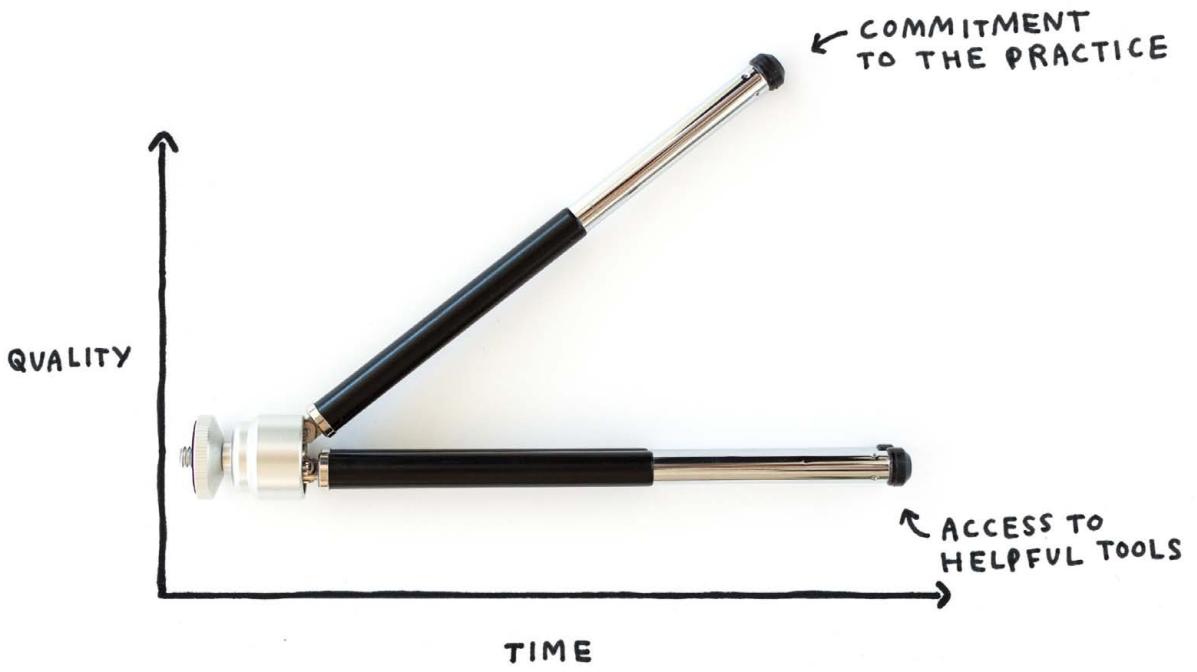
SOMETHING  
WILL BE  
OVER BUDGET

SOMETHING  
WILL GO  
WRONG

PICK TWO  
(BE REALISTIC)

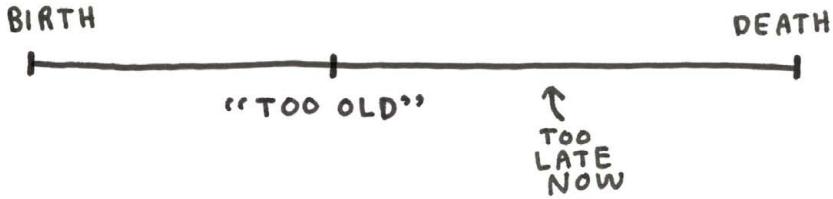
TWO FUN-LOVING  
HOME RENOVATION  
EXPERTS WILL APPEAR

HOW DO I GET  
BETTER AT THIS?



IS IT TOO LATE TO START?

PERCEPTION



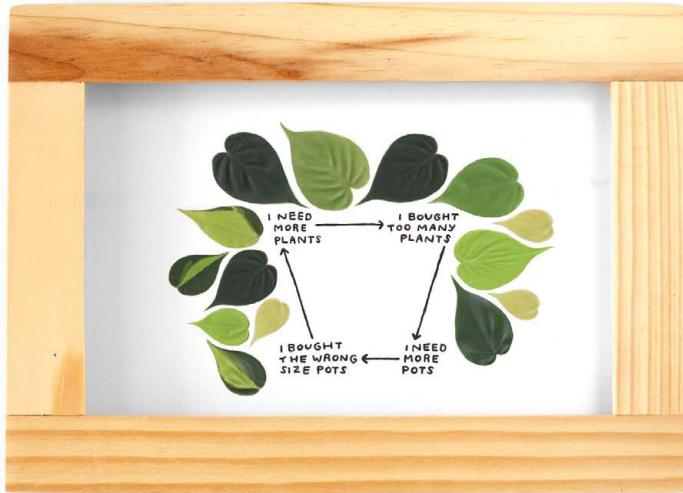
REALITY



SHOULD I FRAME  
THIS MYSELF?

THE WALLS  
ARE SO  
EMPTY

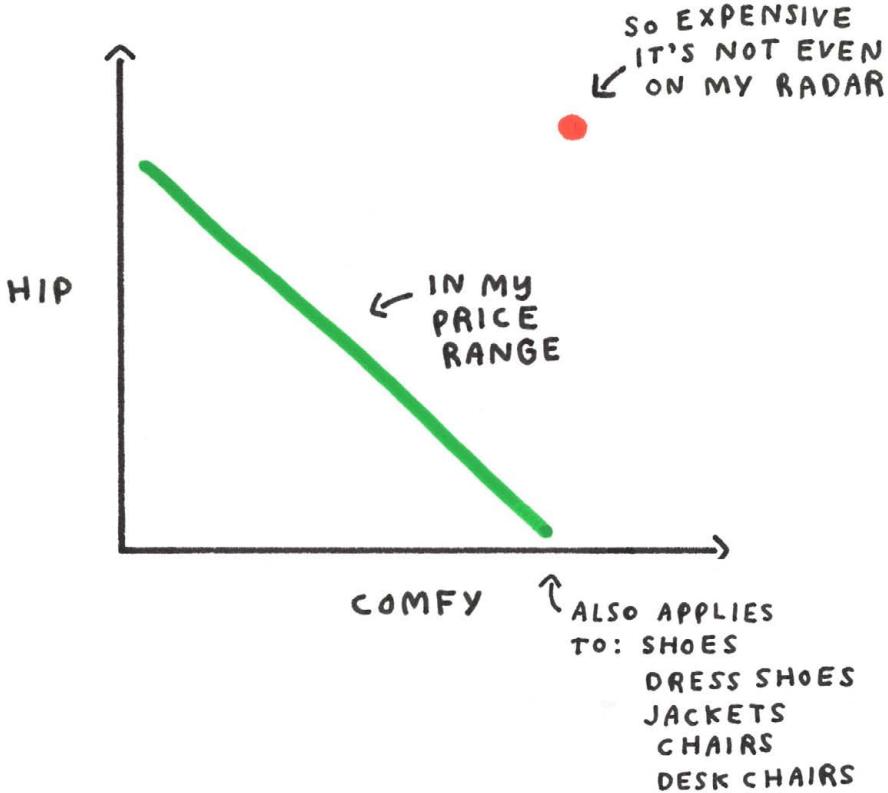
I BOUGHT  
SOME PRINTS



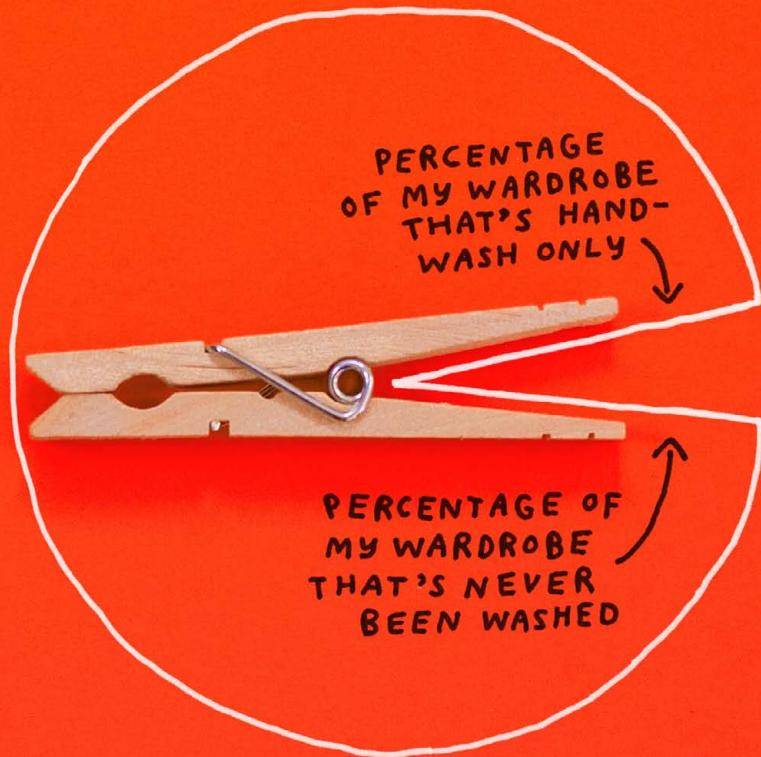
I BOUGHT  
THE WRONG  
SIZE FRAMES

I NEED  
SOME  
FRAMES

WHICH COUCH  
SHOULD I GET?



DO I HAVE TO HAND-WASH THIS?



IS IT WEDDING SEASON ALREADY?

TRIPS TO THE  
DRY CLEANER

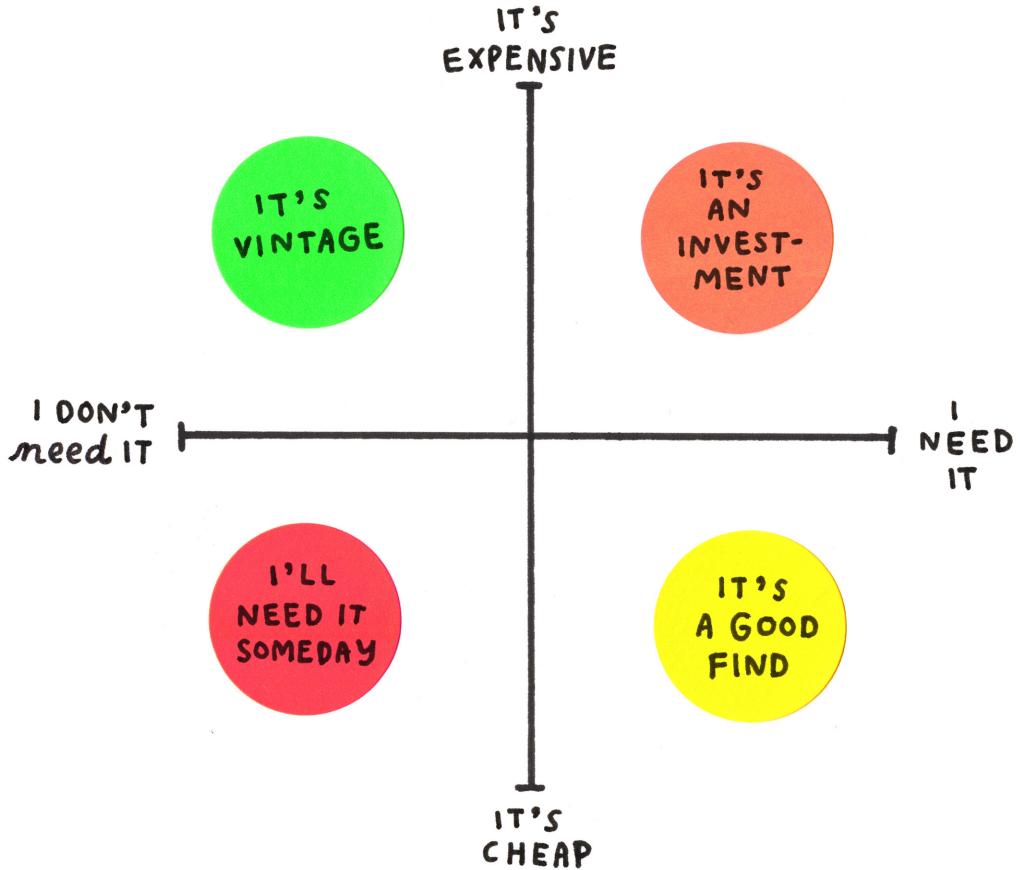


WE  OUR CUSTOMERS

J F M A M J J A S O N D

MONTH

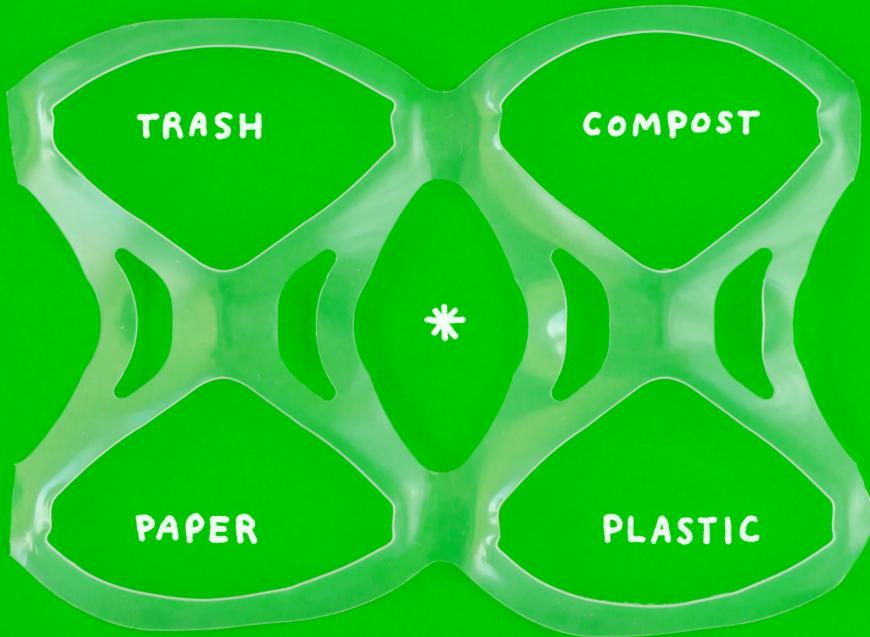
SHOULD I BUY THIS?



SHOULD I GET RID OF THIS?

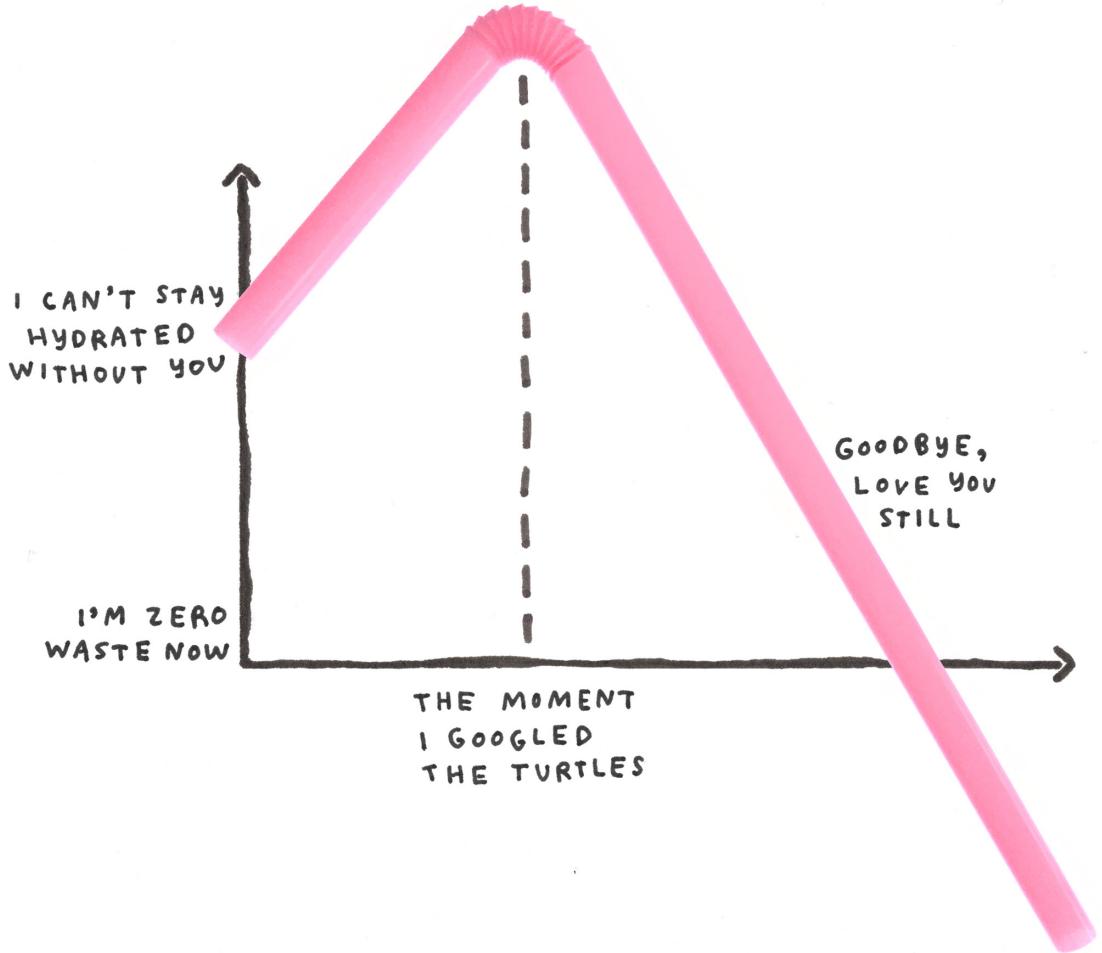


WHICH BIN DOES THIS GO IN?



\* I'M NEVER ENTIRELY SURE,  
BUT I ~~do~~ KNOW YOU HAVE  
TO CUT THIS UP OR THE  
DOLPHINS WILL GET HURT

# AM I USING TOO MUCH PLASTIC?



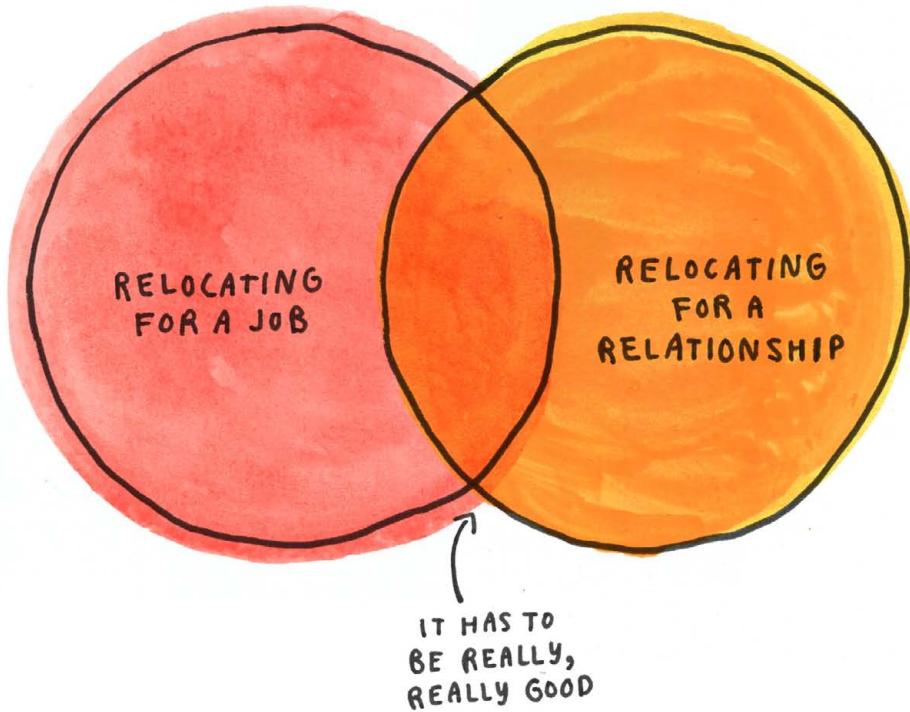


# ***OVERTHINKING***

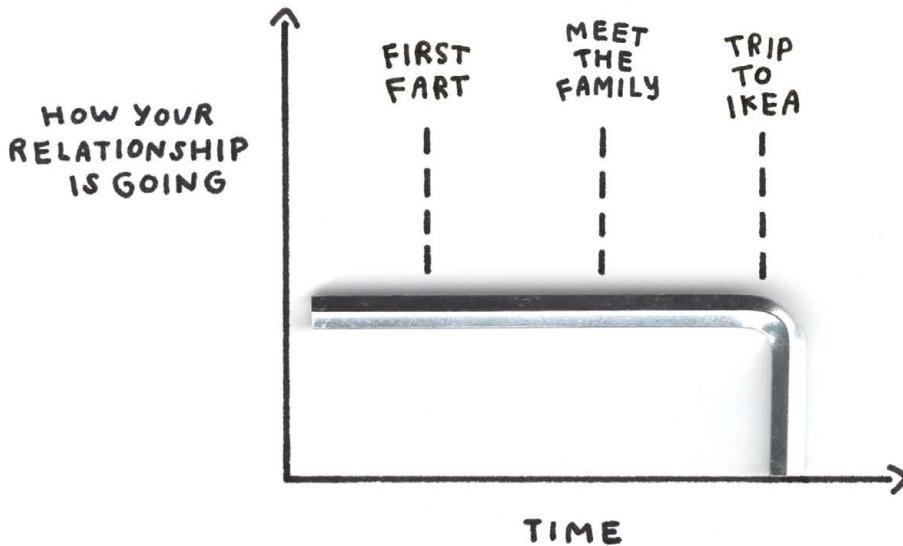
---

**Relationships**

AM I GOING TO  
REGRET THIS?



WILL OUR RELATIONSHIP  
SURVIVE THIS STEP?

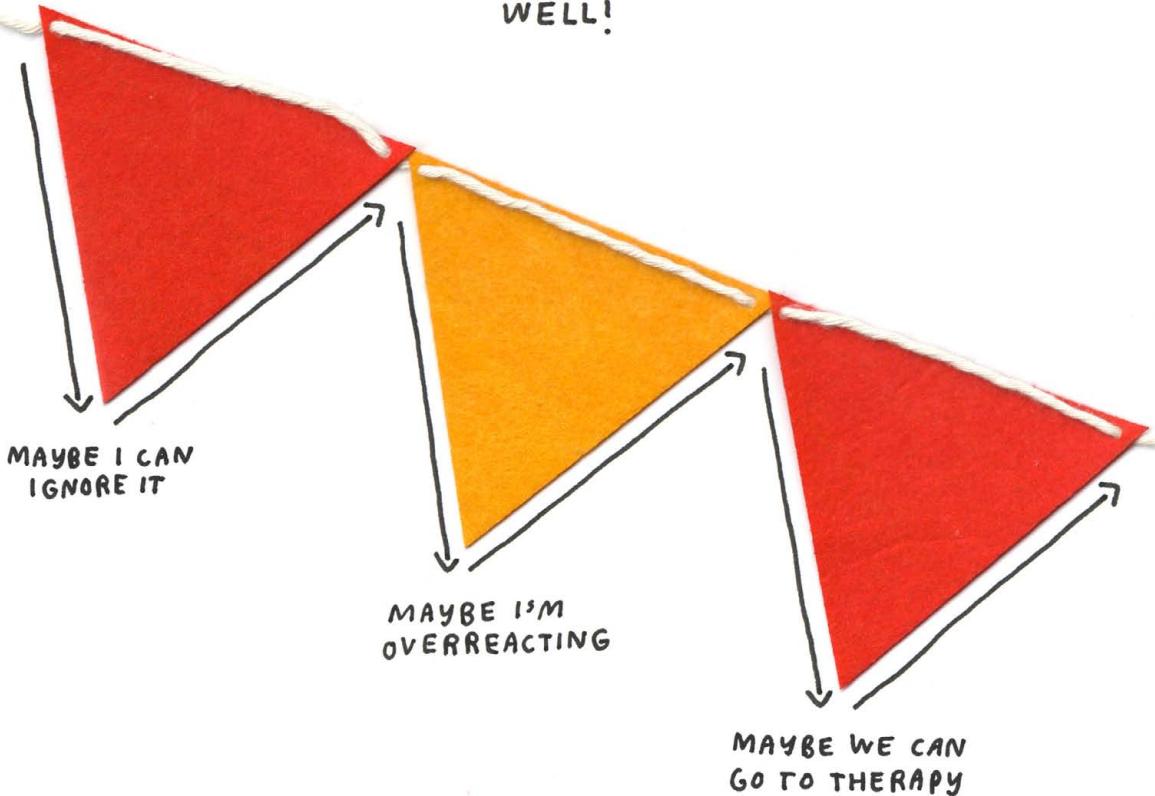


## WHAT DOES THIS mean?

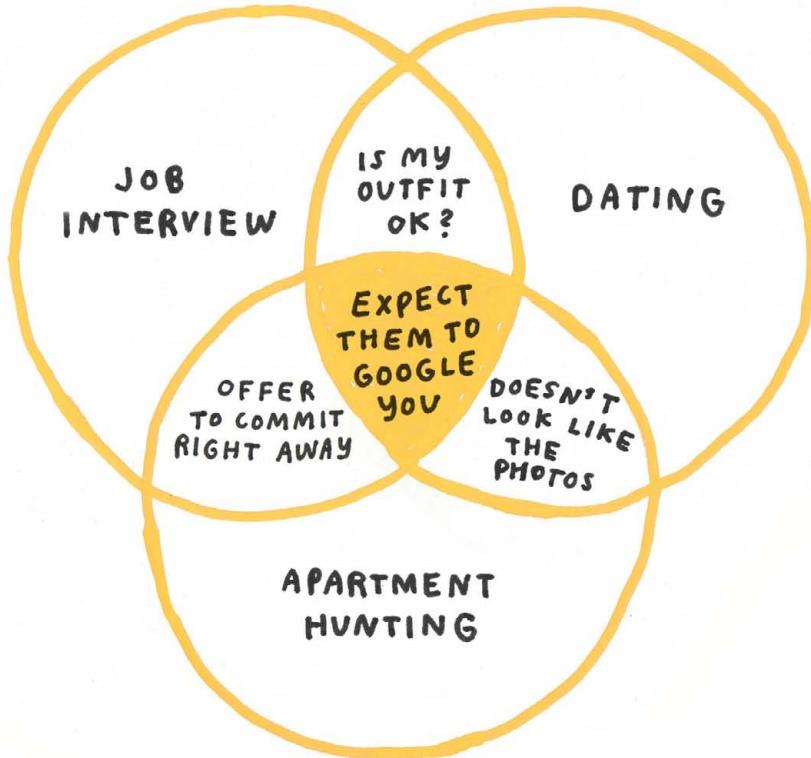
THEY SAID...	IT MIGHT MEAN	BUT IT PROBABLY MEANS
THINGS ARE BUSY AT WORK	WORK IS SO BUSY RIGHT NOW	YOU'RE NOT A PRIORITY
I JUST GOT OUT OF A RELATIONSHIP	I'M READY FOR SOMETHING NEW	I STILL LOVE MY EX
I DON'T WANT TO PUT LABELS ON THIS	I'M EVOLVED AND MATURE	I'M KEEPING MY OPTIONS OPEN
MAYBE WE SHOULD PUT THIS ON PAUSE	I NEED A MOMENT TO REFLECT	
[NOTHING]	DIED?	MY INTEREST IN YOU DIED ☹
MISS YOU	I WANT TO GET BACK TOGETHER	I SAW THAT YOU'RE HAPPY

IS THIS A DEAL BREAKER?

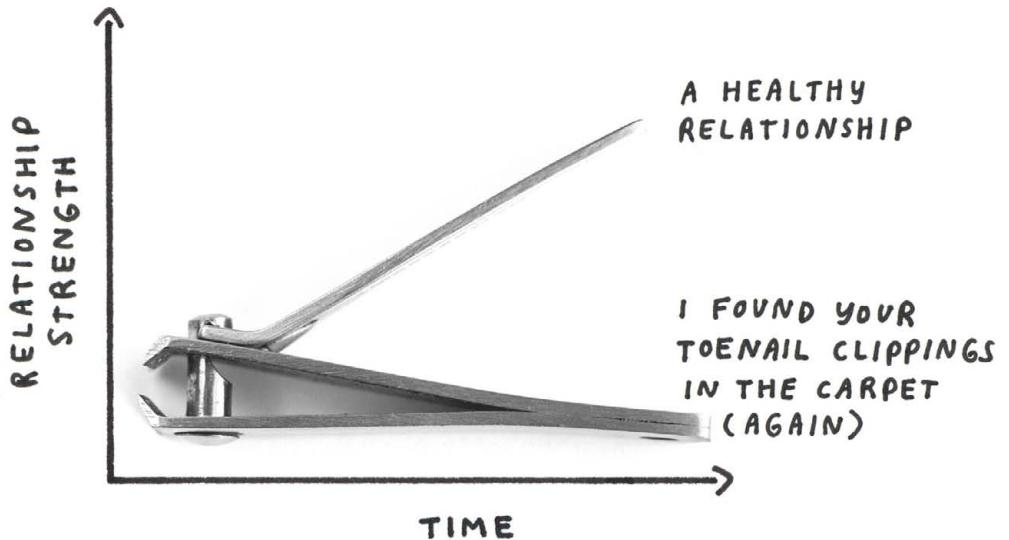
THINGS  
ARE GOING  
WELL!



IS THIS A  
GOOD FIT?



CAN YOU HANDLE  
MY HANG-UPS?



# AM I A BAD FRIEND?

## A QUIZ

YOUR FRIEND  
GETS GOOD NEWS  
(LIKE, *really*, GOOD)



HOW DO  
YOU FEEL?

IF I'M BEING  
HONEST, I FEEL  
PRETTY JEALOUS—  
IT'S SOMETHING  
I'VE WANTED  
FOR SO LONG

SOOOOOOO  
HAPPY FOR  
THEM!!!!

OK, OK

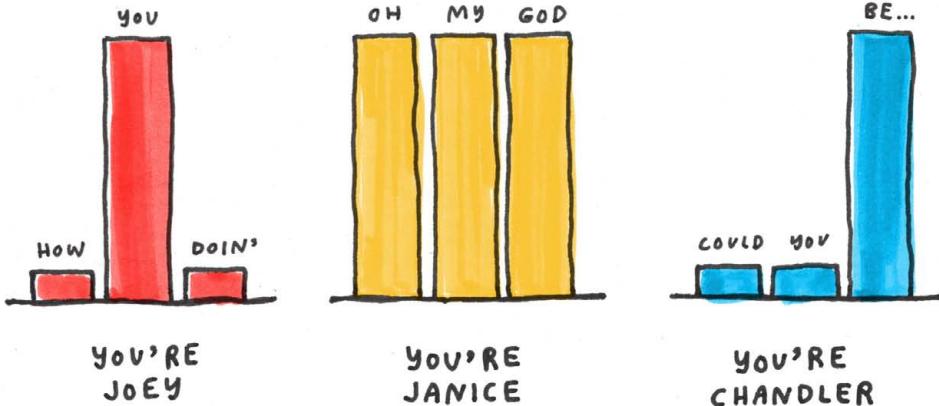
... and ?

# WHICH F·R·I·E·N·D AM I?

## A SIMPLER QUIZ



PICK A VOCAL FREQUENCY  
THAT RESONATES WITH YOU



↪ IF YOU HAVE A PROBLEM WITH THE LEVEL OF  
SCIENTIFIC ACCURACY OF THIS QUIZ, YOU'RE ROSS

MAYBE WE SHOULD TALK?

MY  
BELIEFS

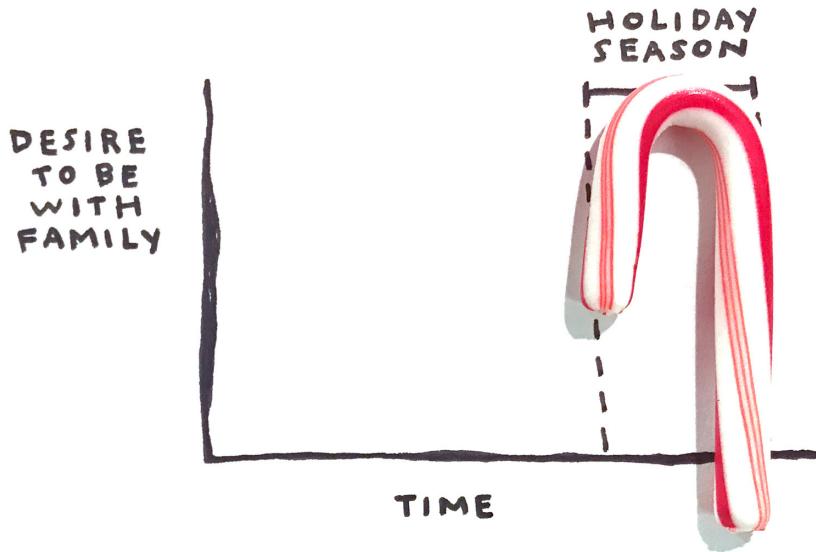
YOUR  
BELIEFS



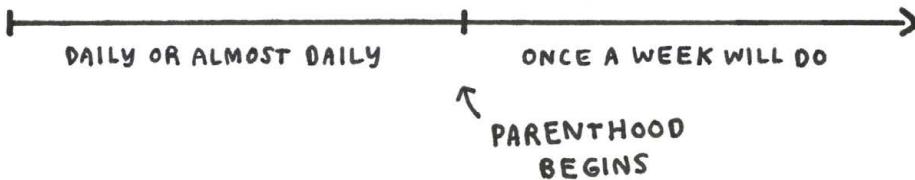
↑  
MAYBE YOU CAN  
SEE THIS FROM  
MY PERSPECTIVE\*

\* UNLESS ONE OF US IS JUST  
REALLY, REALLY WRONG

EXCITED FOR THE HOLIDAYS?

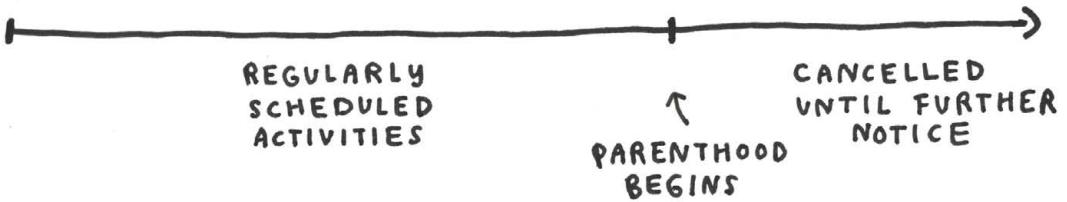


WILL PARENTHOOD  
CHANGE EVERYTHING?



HAIR WASHING FREQUENCY

WELL, OK, I MEANT  
everything.



"EVERYTHING ELSE" FREQUENCY

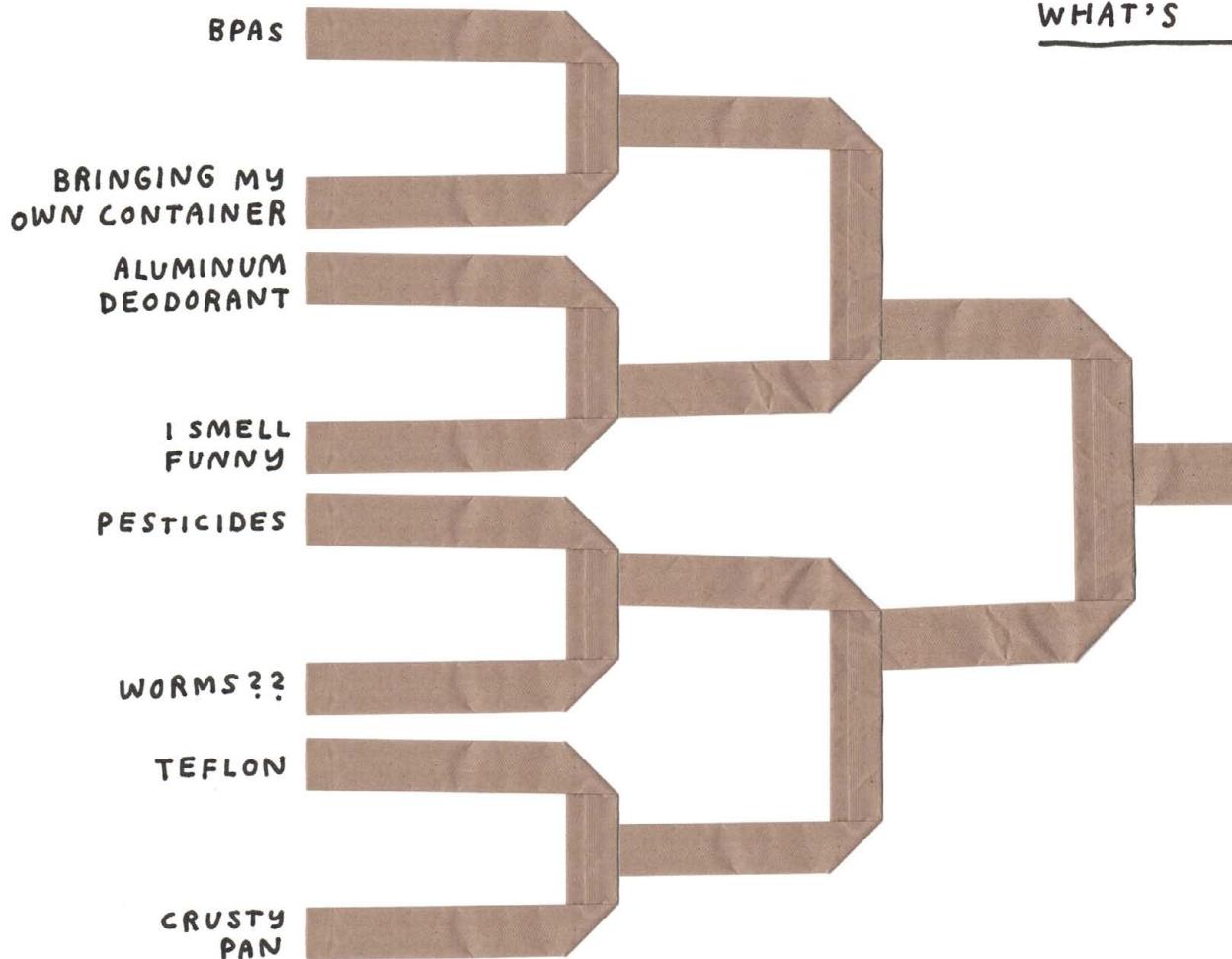


# ***OVERTHINKING***

---

**the Small Stuff**

WHAT'S



BPAS

BRINGING MY  
OWN CONTAINER

ALUMINUM  
DEODORANT

I SMELL  
FUNNY

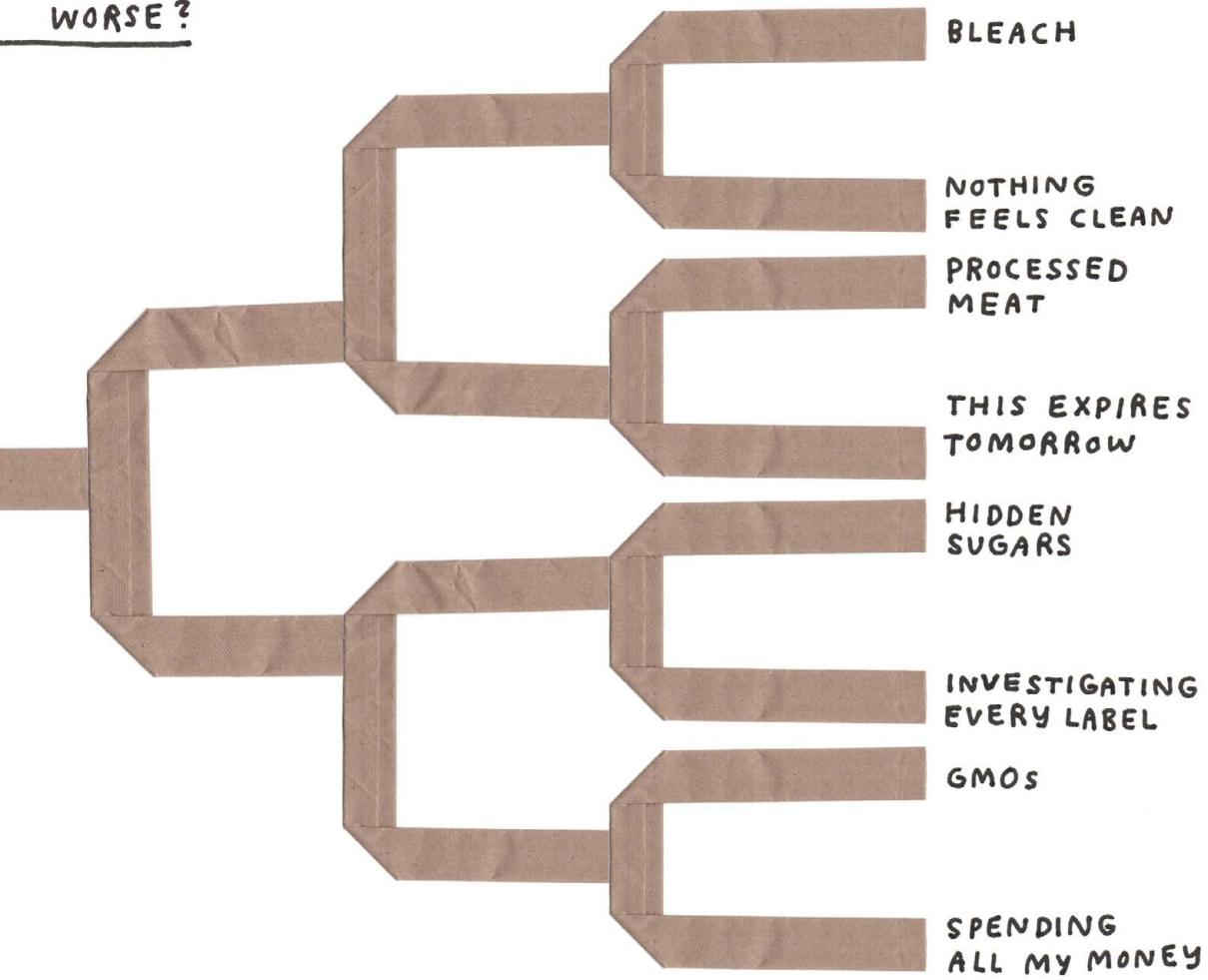
PESTICIDES

WORMS??

TEFLON

CRUSTY  
PAN

WORSE?



BLEACH

NOTHING  
FEELS CLEAN

PROCESSED  
MEAT

THIS EXPIRES  
TOMORROW

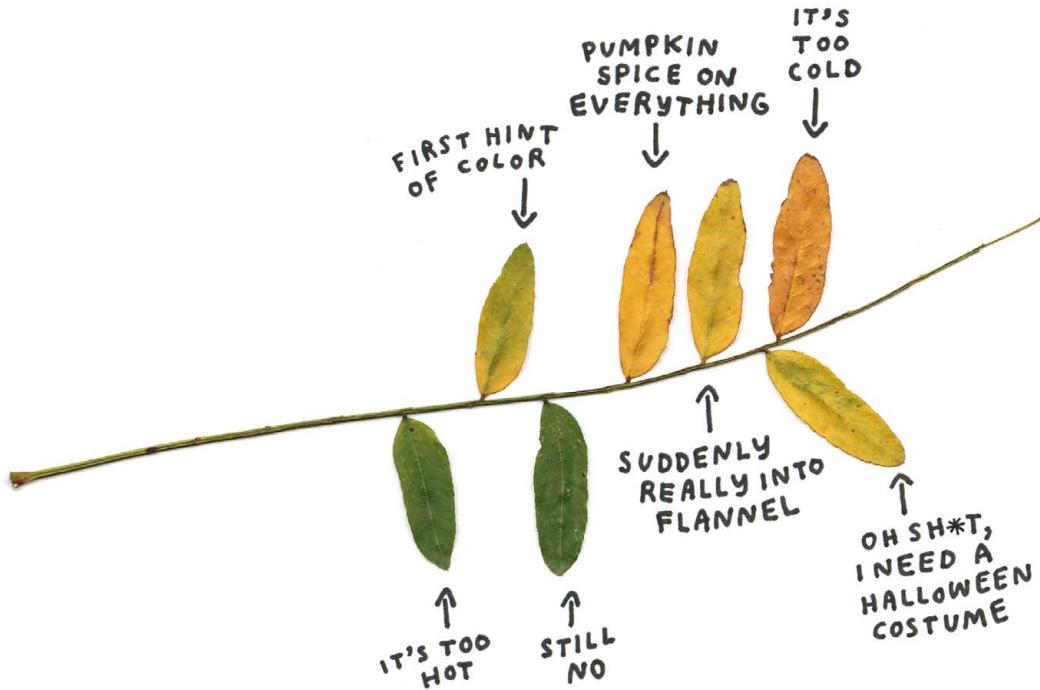
HIDDEN  
SUGARS

INVESTIGATING  
EVERY LABEL

GMOS

SPENDING  
ALL MY MONEY

IS IT TOO EARLY TO PLAN  
MY HALLOWEEN COSTUME?



CAN I MAKE IT THROUGH  
ANOTHER HARSH WINTER?



SELF-FULFILLMENT NEEDS

A HAT WITH A BALL ON IT

ESTEEM NEEDS

A WARM COAT THAT  
LOOKS NICE

COZY NEEDS

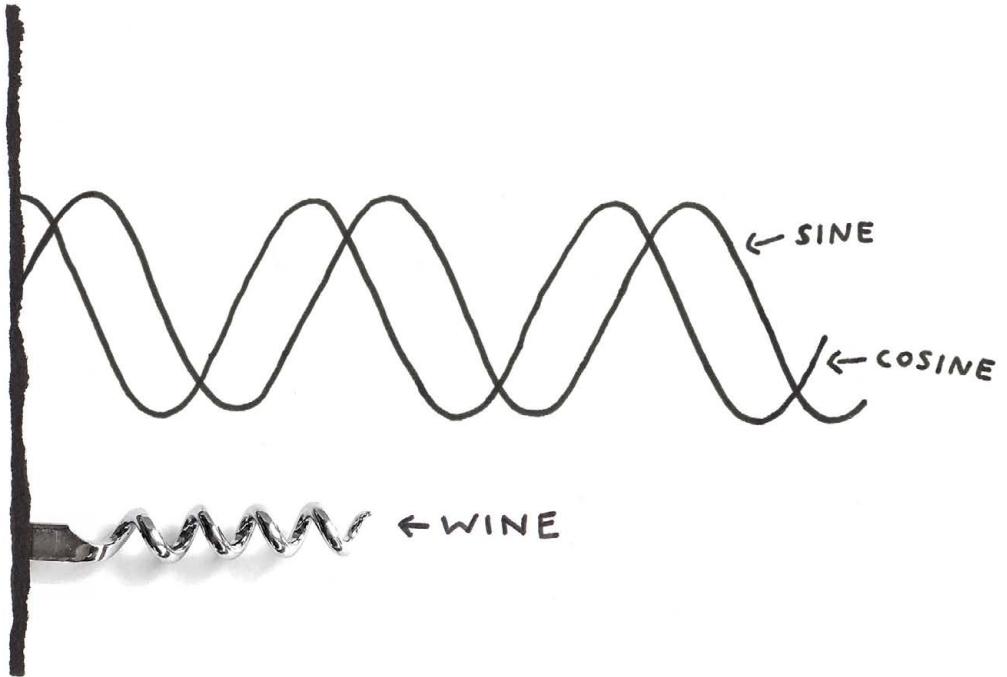
MOODY MUSIC,  
SOFT BLANKETS,  
TWINKLE LIGHTS,  
HOT CHOCOLATE,  
HOT CIDER,  
HOT TODDY

SAFETY NEEDS

THE IDEAL  
SEAT AT MY  
FAVORITE CAFÉ

A HIERARCHY  
OF WINTER COPING  
MECHANISMS

WILL I EVER USE THE MATH  
I LEARNED IN SCHOOL?

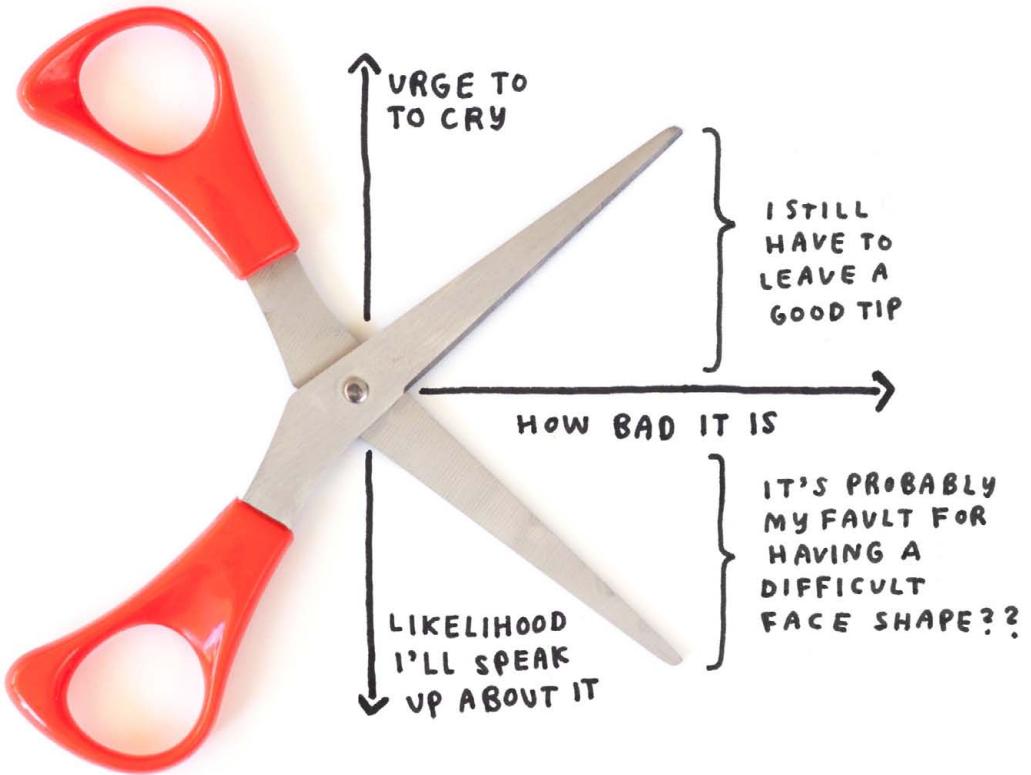


WILL I EVER USE THE MATH  
I LEARNED IN "MEAN GIRLS"?

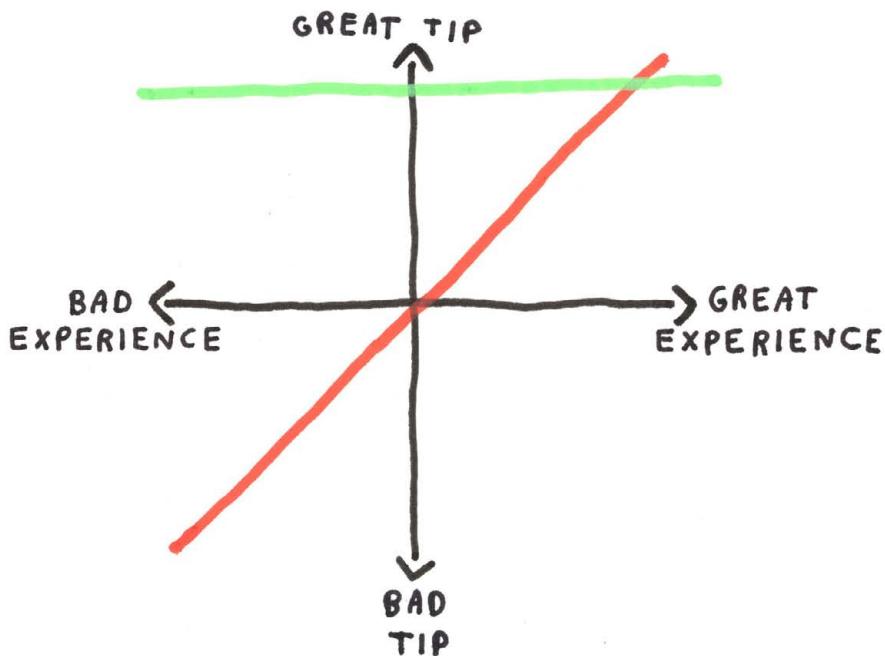


↶ MY CHEESE LIMIT DOES NOT EXIST ↷

IS MY HAIRCUT AWFUL?



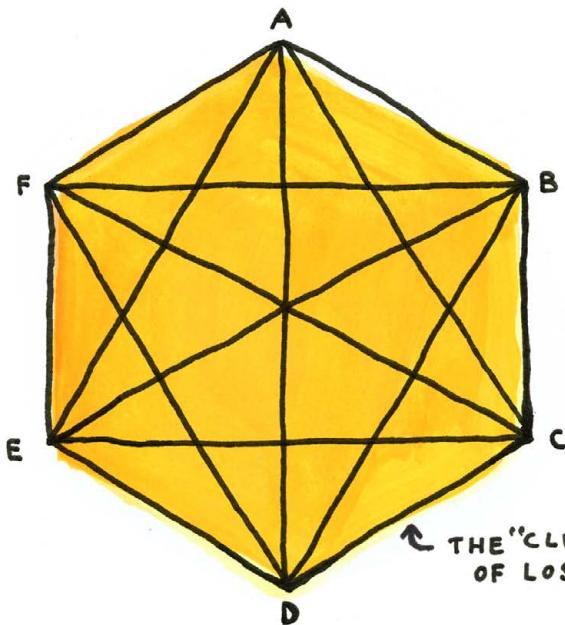
HOW MUCH DO I  
TIP FOR THIS?



● SOME PEOPLE

● ANYONE WHO HAS EVER  
WORKED IN THE  
SERVICE INDUSTRY  
(IN THE U.S.)

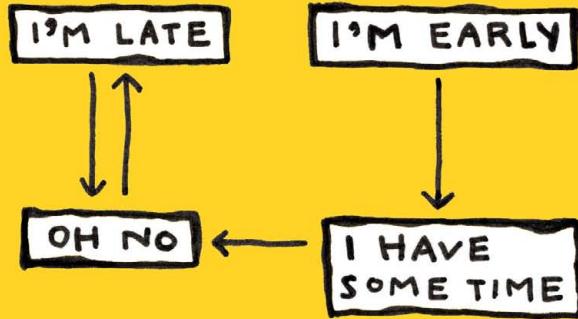
DOES EVERYWHERE IN L.A.  
TAKE TWENTY MINUTES?



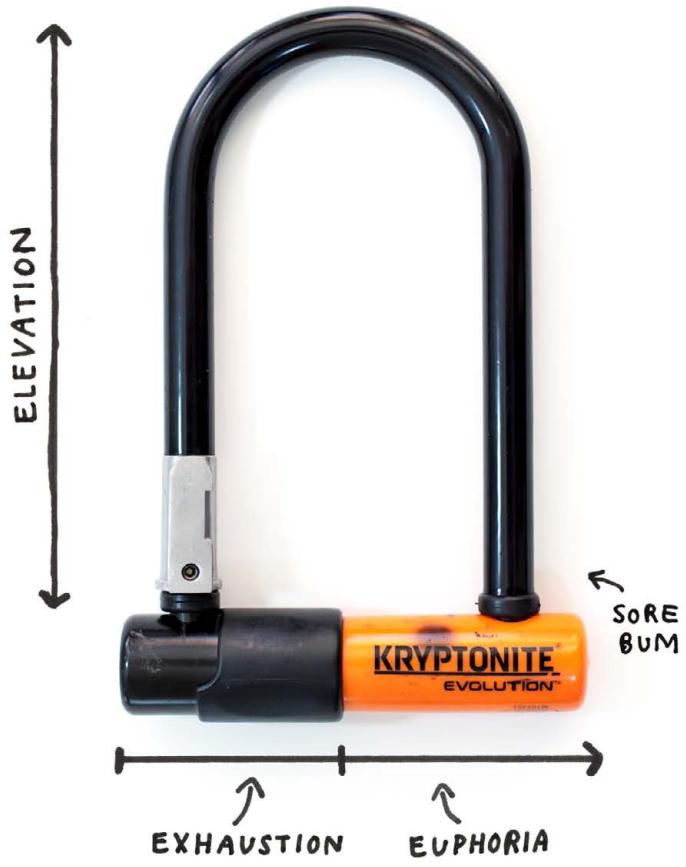
↶ THE "CLUELESS" MAP  
OF LOS ANGELES

$\overline{AB}$	20 MINUTES	$\overline{BC}$	20 MINUTES	$\overline{CE}$	20 MINUTES
$\overline{AC}$	20 MINUTES	$\overline{BD}$	20 MINUTES	$\overline{CF}$	20 MINUTES
$\overline{AD}$	20 MINUTES	$\overline{BE}$	20 MINUTES	$\overline{DE}$	20 MINUTES
$\overline{AE}$	20 MINUTES	$\overline{BF}$	20 MINUTES	$\overline{DF}$	20 MINUTES
$\overline{AF}$	20 MINUTES	$\overline{CD}$	20 MINUTES	$\overline{EF}$	20 MINUTES

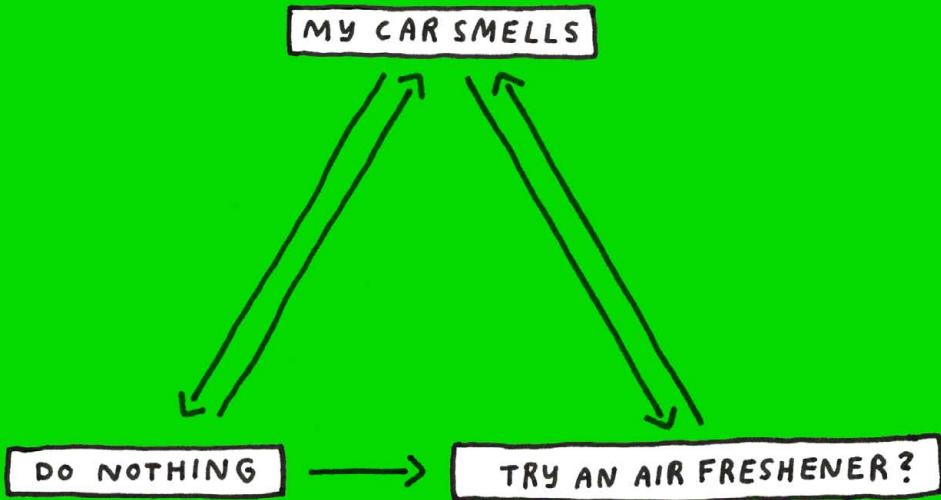
WHY AM I  
always LATE?



WHY DON'T I BIKE  
MORE OFTEN?



WHAT'S WRONG  
WITH MY CAR?



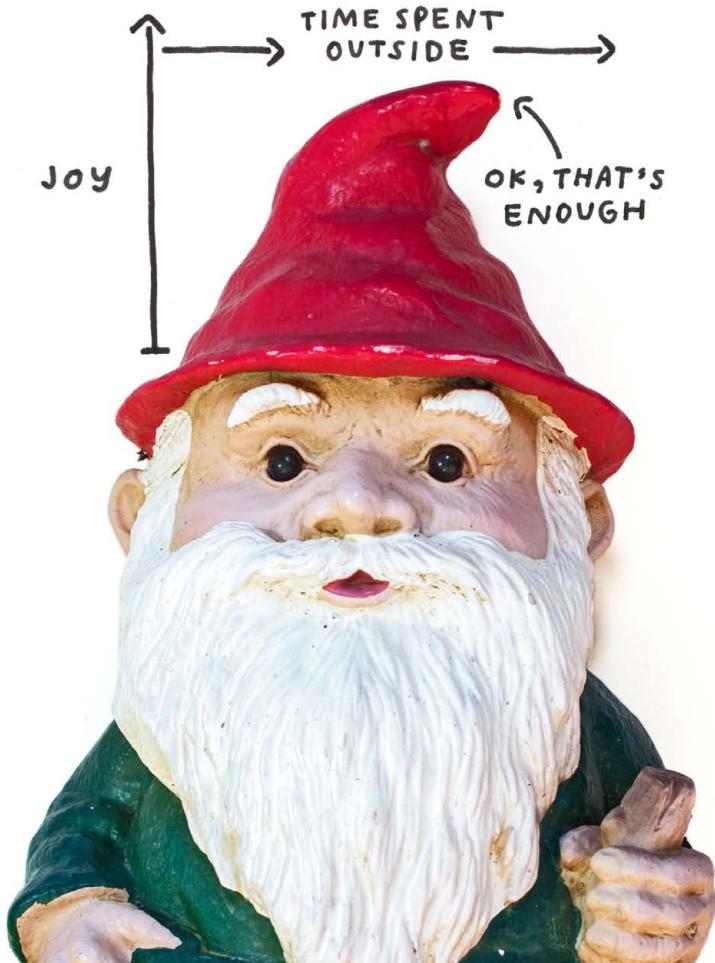
CAN I WORK FROM THIS COFFEE SHOP?



HAS THIS\* EVER HAPPENED TO YOU?



AM I SPENDING ENOUGH  
TIME IN NATURE?



WHAT CAN I LEARN  
FROM THE OUTDOORS?



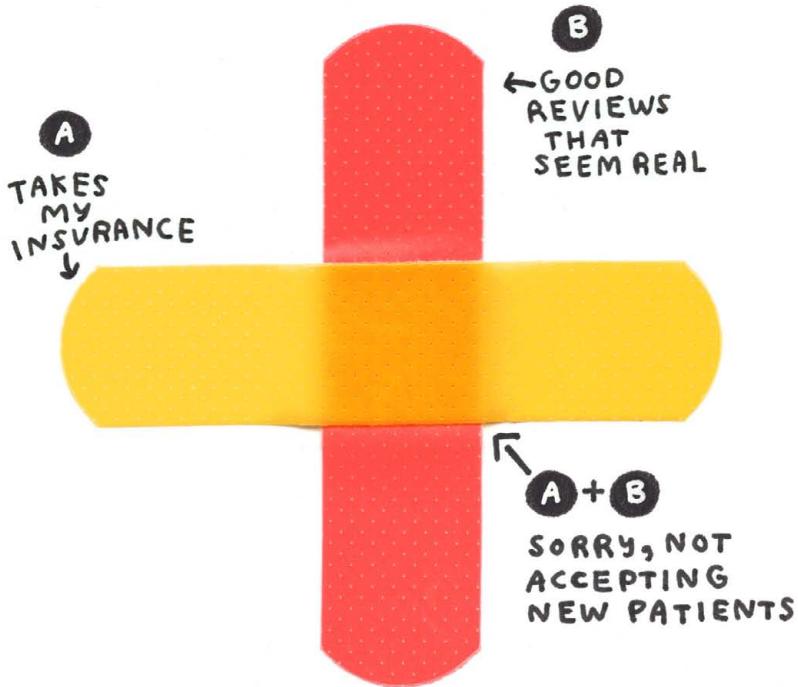


# ***OVERTHINKING***

---

**the Big Stuff**

HOW DO I FIND  
A GOOD DOCTOR?



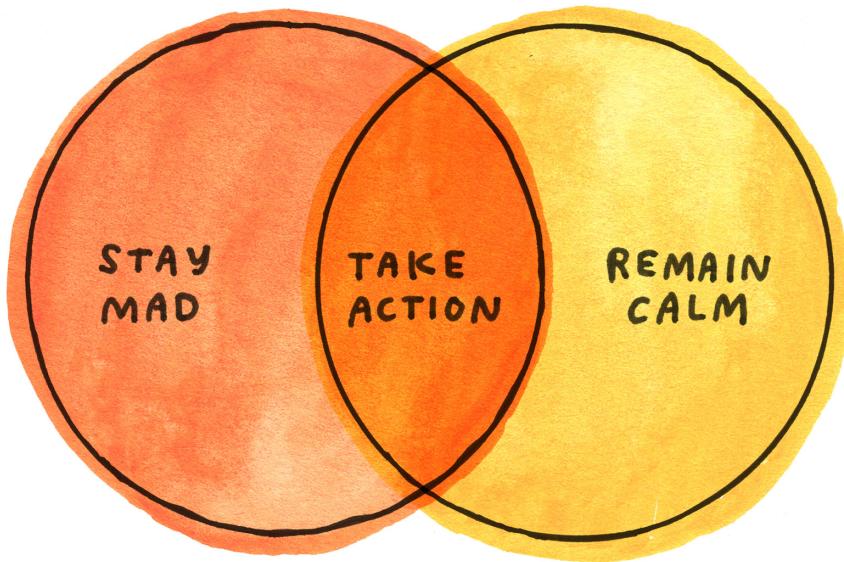
WHAT IF THERE  
REALLY IS SOMETHING  
WRONG WITH ME?

PROS	CONS
I WAS RIGHT	THERE'S SOMETHING WRONG WITH ME
THIS EXPLAINS ALL MY PROBLEMS	
I'M NOT A HYPOCHONDRIAC	
THERE MIGHT BE WAYS TO MANAGE IT	
PEOPLE WILL UNDERSTAND NOW	

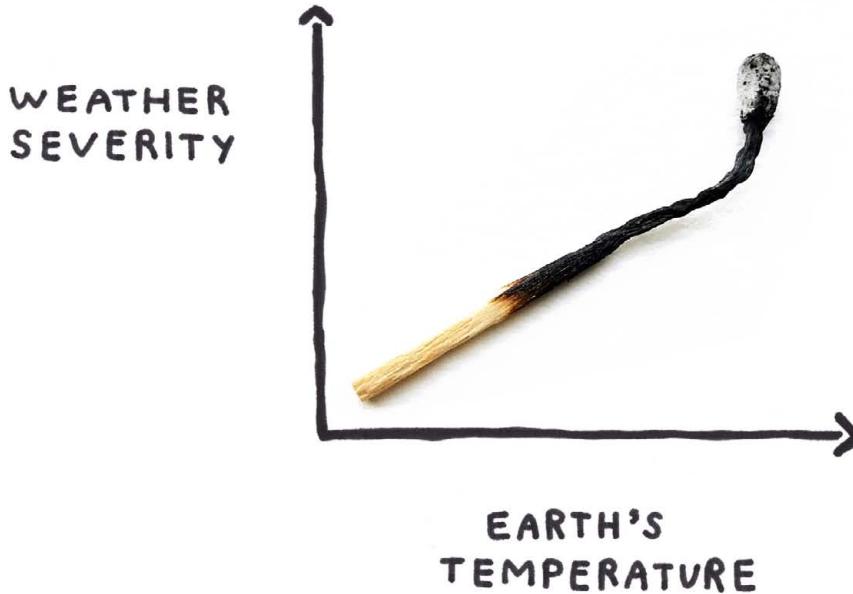
HOW DO I STAY CALM?



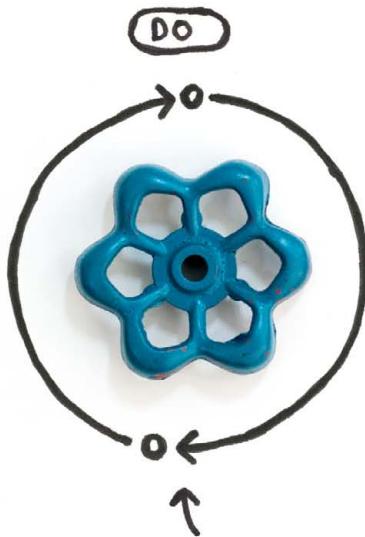
AM I DOING  
ENOUGH?



DO I REALLY NEED TO WORRY  
ABOUT CLIMATE CHANGE?



WHAT IF IT'S TOO LATE?

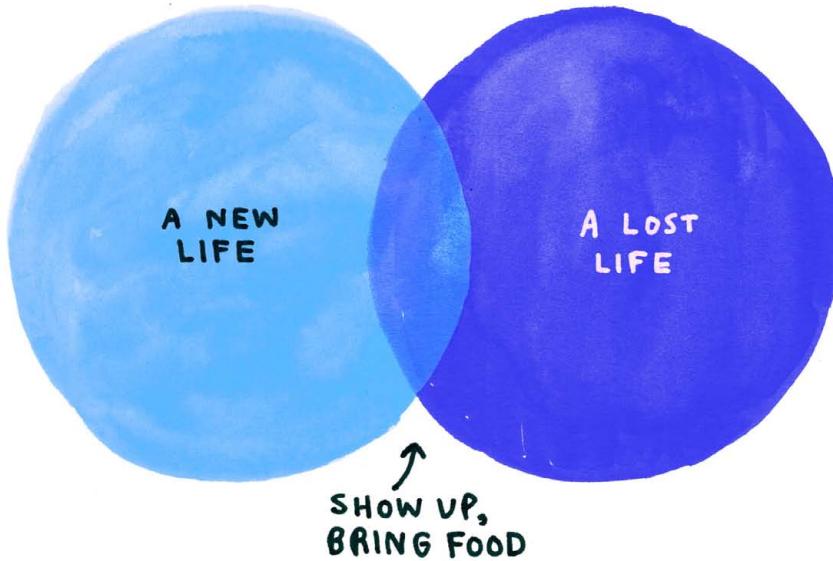


WORK  
TOGETHER  
TO MAKE  
CHANGE



BECOME  
PARALYZED  
BY DESPAIR

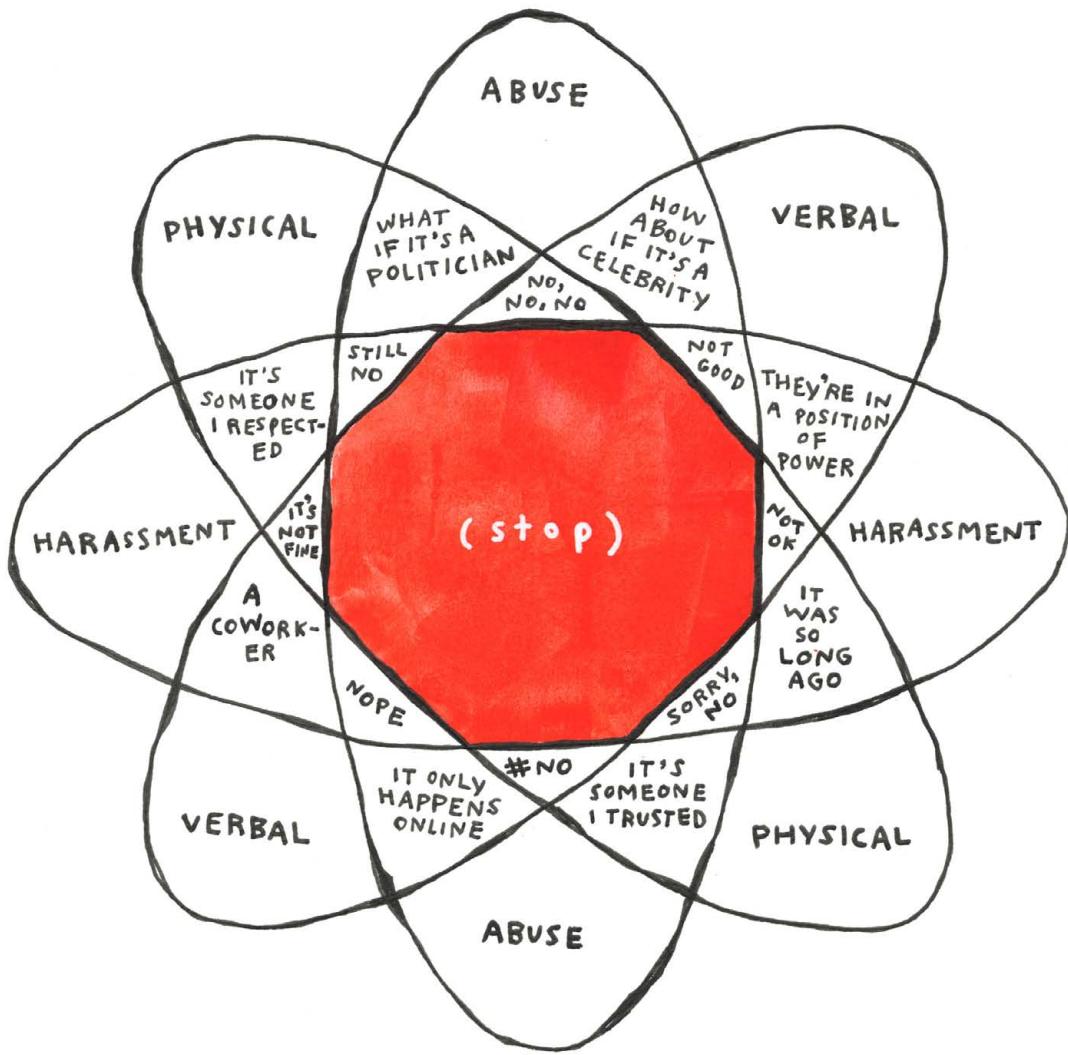
WHAT CAN I  
DO TO HELP?



WHAT IS THERE TO  
BE GRATEFUL FOR?

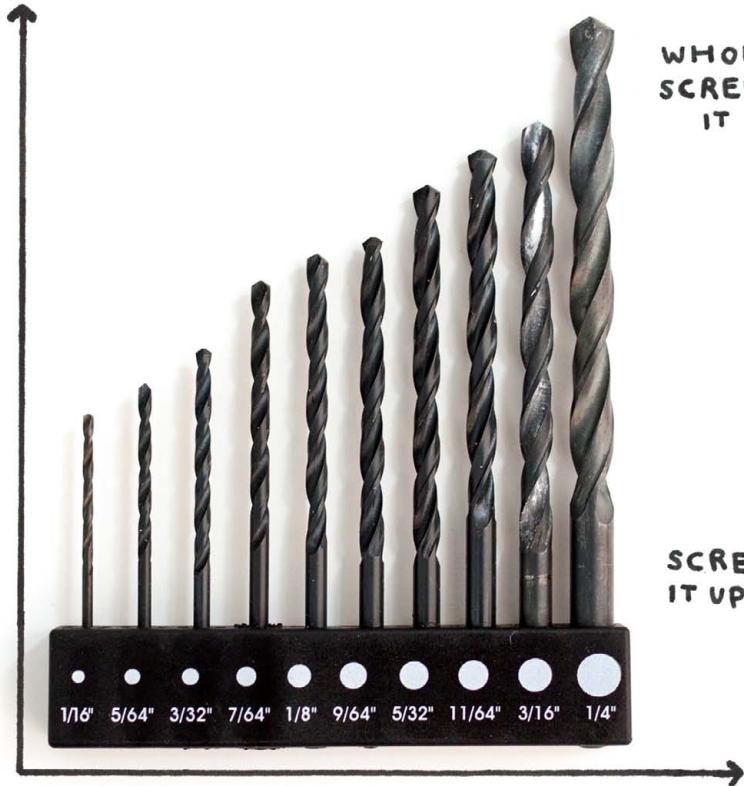
THERE'S ALWAYS SOMETHING						
LIFE	LIFE	LIFE	KETTLE CORN	LIFE	LIFE	SELTZER
LIFE	LIFE	LOVE	LIFE	LIFE	HEALTH	LIFE
WATER	LIFE	FAMILY	LIFE	MOVE- MENT	LIFE	THE WOODS
MUSIC	DANCE	LIFE	FRIENDS	HOT TEA	CLEAN AIR	A HOME
LAUGH- TER	THE SUN	LIFE				

IS THIS  
OBVIOUS  
YET?



DID I SCREW UP?

HOW BAD  
IT SEEMS



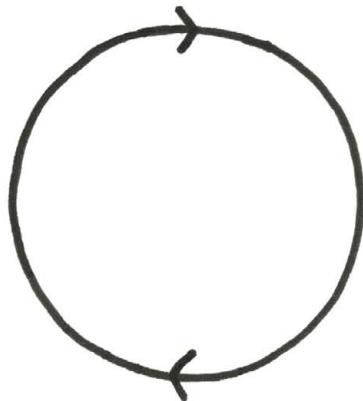
WHOLLY  
SCREWED  
IT UP

SCREWED  
IT UP A BIT

TIME SPENT  
RUMINATING

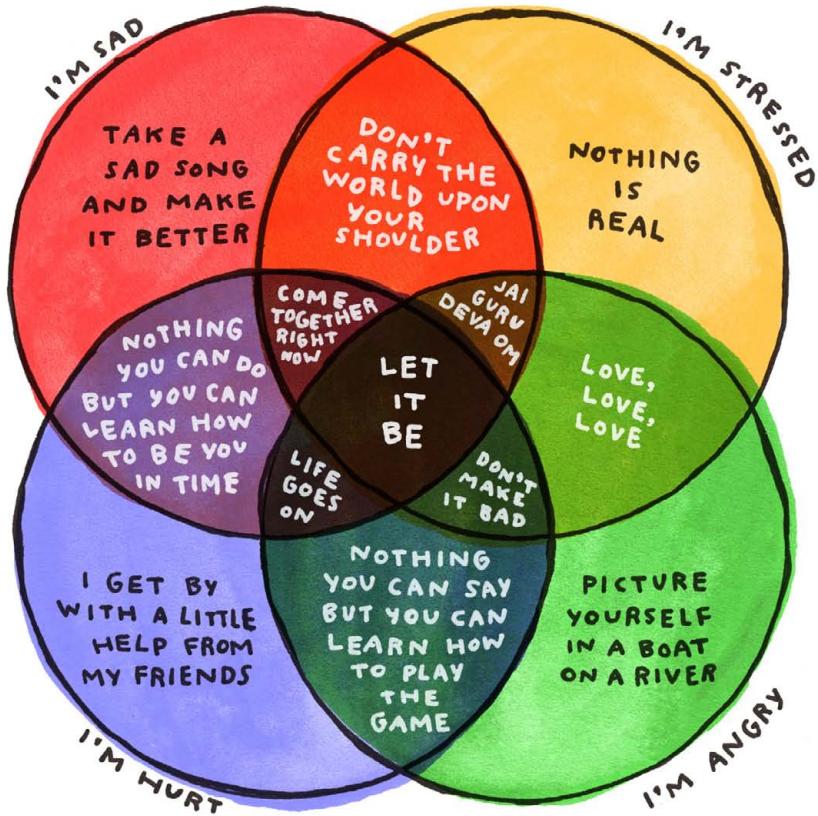
SHOULD I GIVE MYSELF A BREAK?

WHY AM I  
SO HARD ON  
MYSELF?

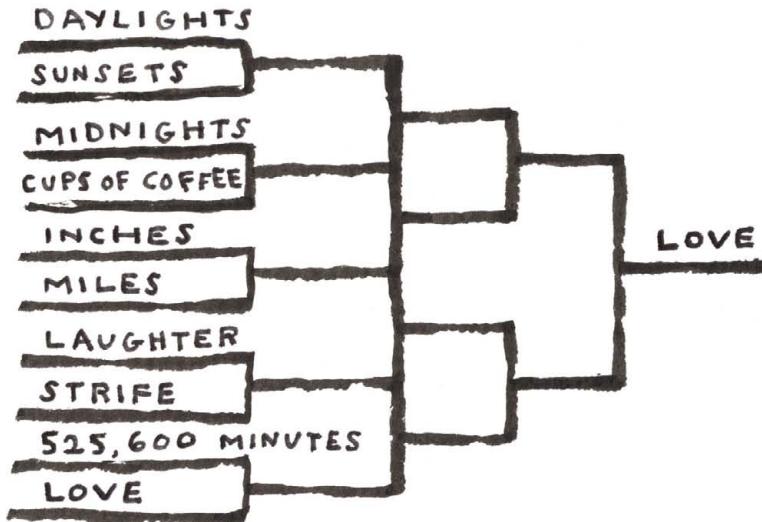


I AM TOO  
HARD ON  
MYSELF

## WHAT WOULD THE BEATLES DO?

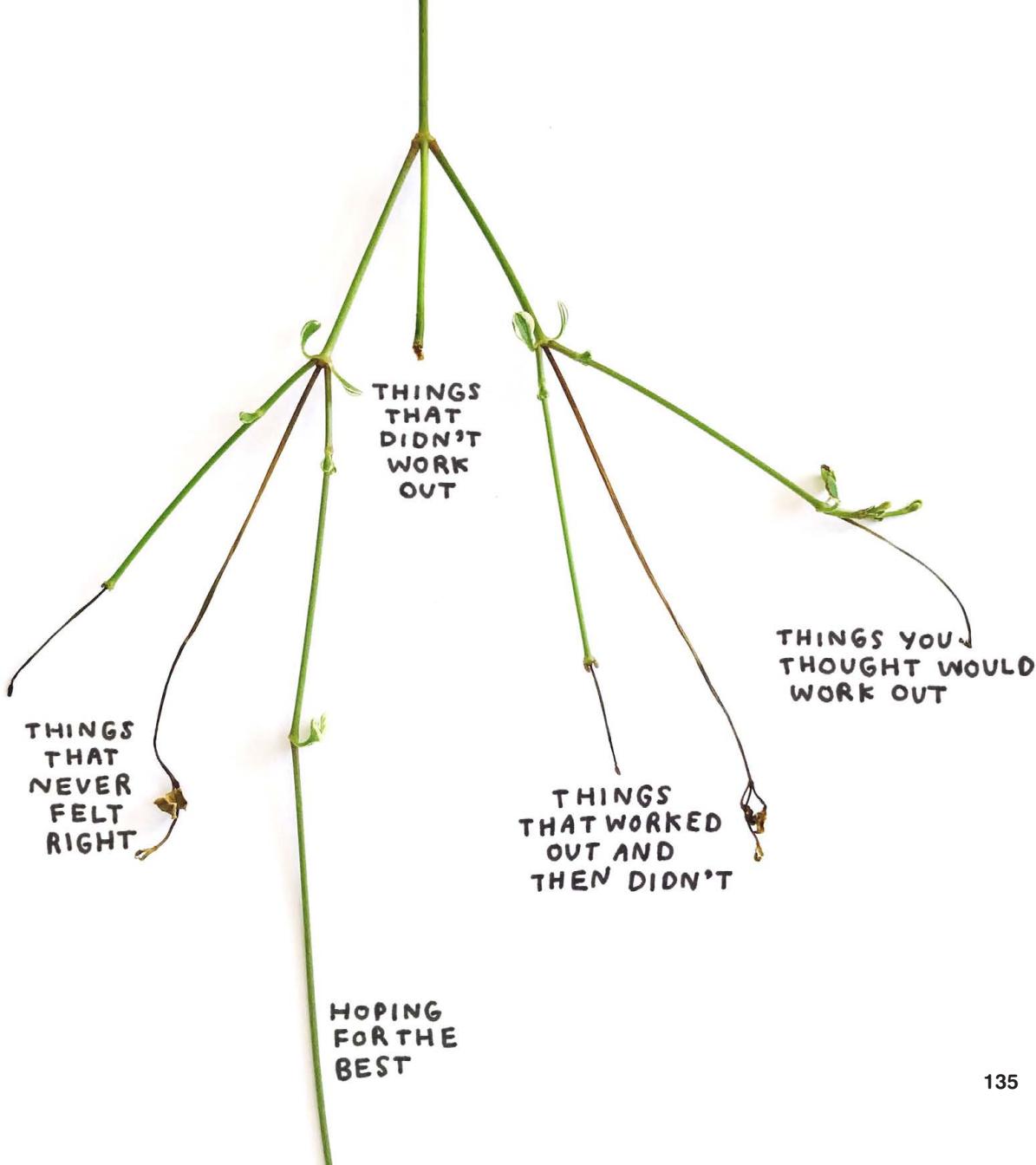


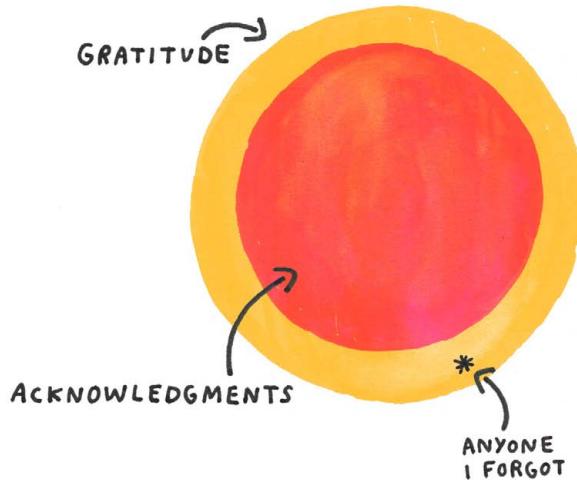
HOW DO YOU MEASURE,\*  
MEASURE A YEAR?



\*ACCORDING TO "RENT"

WILL IT  
BE OK?





**I'm so grateful** for the opportunity to send this book out into the world, and for everyone who had a part in making that happen.

A big thank-you to my editor, Deanne Katz, and the rest of the team at Chronicle Books for taking on and shaping this project.

Thank you to Vanessa Hope Schneider for playing friend-agent and encouraging me to do this long before I had the chutzpah.

Thank you to so many Jessicas: Saia, for letting me pitch "made-up charts" for actual money; Misener, for hiring me to make charts as a real job; and Hische, for making the first chart I ever loved.

Thank you to Jason Kottke, Nathan Pyle, Adam

J. Kurtz, Caroline Siede, Champ Teepagorn, and so many more of my art and internet heroes for the unexpected support and for finding my work worthy of sharing with others.

Thank you to Tim, Margaret, and Rob for literally keeping my head on straight.

Thank you to my family for the love and support. Thank you to my dad, José, for sparking my interest in the patterns and math behind everyday things, and my mom, Omaira, for being my biggest fan. Alexa, play "Las Mañanitas."

Most of all, thank you to Lenny for the infinite support, positivity, and dance breaks. I'm sorry about the mess.



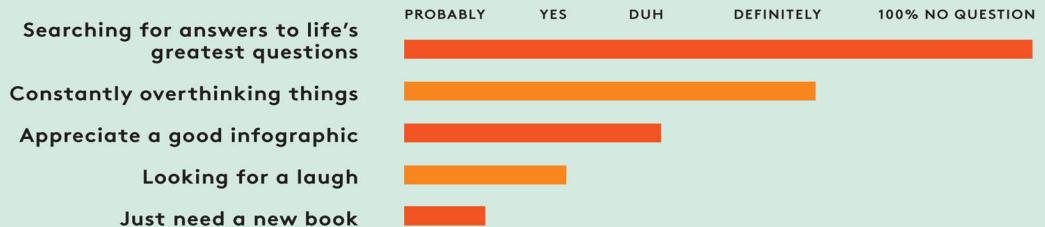
HOW MUCH DO I TALK FOR THIS? WHY AM I ALWAYS LATE? HOW'S MY HAIR?  
AM I GOING TO REGRET THIS? SHOULD I MOVE ACROSS THE COUNTRY? WHICH  
IS BETTER IN NATURE? HAS THIS EVER HAPPENED TO YOU? CAN I WORK FROM HOME?  
WHAT'S WRONG WITH MY CAR? WHAT'S THAT SMELL? ARE AIR FRESHENERS WORTH  
THE INSURANCE? WHAT CAN I DO TO HELP? IS THAT A BAD QUESTION? HOW  
DO I GO ABOUT TRYING TO LOOK TERRIBLE? SHOULD I START MEDITATING? IS THIS A PANIC  
ATTACK OR SOMETHING? SHOULD I BUY THIS? DO I NEED TO DECLUTTER MY HOME?  
DO I NEED TO CANCEL MY CREDIT CARDS? WHAT SHOULD WE LISTEN TO?  
WHAT ABOUT GOOD WINE? CAN I BRING IT TO A PARTY? SHOULD I GRAB SOME KALE?  
AM I FEELING A BIT ILL? AM I GOOD AT MY JOB? IS THIS IMPOSTER SYNDROME? AM I  
LONELY? DO I STILL HAVE A JOB? WHAT DID THAT EMAIL MEAN? HOW SHOULD I  
ACT AROUND PEOPLE? HOW SHOULD I TALK ABOUT ME? WHICH TOTE BAG SHOULD I USE? WHICH GROCERY STORE?  
WHAT ABOUT A PARTY? HOW DO I MAKE SMALL TALK? DO WE HAVE ANYTHING BETTER?  
HOW DO I SPELL THAT RIGHT? CORRECTLY? FURTHER OR FARTHER? AFFORDABLE?  
SHOULD I READ MY BOOK IN THE BATHTUB? SHOULD I LEND YOU MY CAR?  
IS THERE REALLY IS SOMETHING WRONG WITH ME? WHAT IF I WAS A LITTLE  
BIT IMPARTANT TO DISAGREE ON BIG ISSUES EVEN IF YOU CAN'T CHANGE MY  
MIND? HOW DO I STAY CALM? WILL IT BE OK? WILL I EVER USE THE MATHS?  
WHICH WHITE PAINT SHOULD I USE? DO I HAVE TOO MANY PLANTS?  
HOW DOES A PARTNERSHIP CHANGE EVERYTHING? HAS ANYONE SEEN MY SUNGLASSES?  
WHAT AM I FORGETTING? STILL OR SPARKLING? AM I EATING TOO MUCH?  
HOW MUCH BUTTER DOES THIS NEED MORE BUTTER? CAN I CLIP MY TOENAILS HOME?  
WHAT IS THE MESSAGE OF OUR RELATIONSHIP? WHAT DID THAT TEXT MEAN? IS THERE  
ANYTHING THERE TO BE GRATEFUL FOR? HOW DO YOU MEASURE, MEASURE A PARTNER?  
HOW ABOUT MODELING THE BATHROOM MYSELF? IS IT AS EASY AS IT LOOKS?  
HOW DO I MANAGE MY CREDIT CARDS OR SHOULD I TRY TO FIND IT THIS TIME? AM I FORGETTING  
ABOUT THEIR BIRTHDAY? WHY DO PEOPLE LOVE CAMPING SO MUCH? WHAT IS THE BEST  
TIP WITHOUT CAUSING PERMANENT DAMAGE? WHAT SHOULD I DO IN LOS ANGELES?  
HOW LONG DOES L.A. TAKE TWENTY MINUTES? SHOULD I TOUCH THIS DOOR HANDLE?  
HOW DOES A STANDING DESK MAKE A DIFFERENCE? IS THIS TOO MANY EXCLAMATION  
POINTS? SHOULD I GO OUT? AM I TOO OLD? SHOULD I STAY IN?  
HOW DOES THIS BOOK MAKE ME SOUND NEUROTIC? IS THERE A WORD FOR THIS?

AM I A FRIEND? AM I A JOEY OR A CH  
BIN DOES THIS GO IN? AM I USING TOO MUCH PLASTIC? AM I SPEN  
THIS COFFEE SHOP? DO I HAVE TO ASK FOR THE BATHROOM CODE? IS T  
RS BAD FOR YOU? IS ANYTHING GOOD FOR YOU? HOW DO I FIND A DOCTOR?  
AVE I HAD TOO MUCH COFFEE? IS THAT WHY MY HANDWRITING IS SO S  
IC ATTACK? AM I BEING PRODUCTIVE? WHAT AM I GOING TO EAT? TAKE  
E? SHOULD I GET RID OF EVERYTHING? WHERE ARE MY HAIR TIES? WHE  
? DID I LEAVE THE IRON ON? SHOULD I EAT THE REST OR SAVE IT  
BRUNCH? HOW SHOULD WE SPLIT THIS? SHOULD WE GET ICE CREA  
GETTING FIRED? SHOULD I BE MY OWN BOSS? IS THIS A HEALT  
START THIS EMAIL? CAN YOU TELL I'M STRESSED? WHAT DOES  
TORE? DO YOU HAVE ANY DIETARY RESTRICTIONS? WHAT CAN I SE  
ER TO TALK ABOUT? SHOULD I WASH MY HANDS AGAIN? AM I A GE  
ECT OR EFFECT? IS THIS OFF TOPIC? SHOULD I HAVE ANOTHER  
MY BOOK IF YOU READ IN THE BATHTUB? WHY DO I CARE ABOUT  
RIGHT? AM I CATASTROPHIZING? DO PEOPLE REALLY DISAGREE OR  
CHANGE ANYONE'S MIND? AM I DOING ENOUGH? HOW ARE YOUR HOL  
LEARNED IN SCHOOL? WILL I EVER USE THE MATH I LEARNED I  
? DO I ALREADY KNOW THE ANSWER TO THAT? CAN I KEEP IT  
LASSES? AM I FLOSSING ENOUGH? SHOULD I POP THIS ZIT? JUST  
MUCH CHEESE? HOW AM I FULL ALREADY? CHIPS? GUAC? HOW M  
ERE? WHERE ARE MY HAIR TIES? CAN WE HANDLE A TRIP T  
THIS A DEAL BREAKER? SHOULD WE TALK? AM I WRONG AB  
A YEAR? HOW DO I GET THROUGH ANOTHER HARSH WINTER? S  
S ON TV? CHIPS FOR DINNER? WHERE'S MY WALLET? DO  
RGETTING ANYTHING? HAS ANYONE SEEN KEVIN? DOES EVERY  
T ARE THE INGREDIENTS IN A MARSHMALLOW? HOW FAR CAN  
DO FOR MY BIRTHDAY? WHAT IF NOBODY CAN MAKE IT? DO  
NDLE? SHOULD I ADD ANOTHER CUP TO THE COLLECTION ON M  
AMINATION POINTS? SHOULD I SPEAK UP? AM I A PERFECTIONIST  
? SHOULD I REGIFT THIS WINE? WHAT DID WE DECIDE AB  
A NEUROTIC BOOKS? NEUROTICA? IS THAT DUMB? ARE YOU JUDG

**How do I stay calm? Do I have too many plants?  
Did I screw up? Will I ever use the math I learned in school?  
Will my relationship survive a trip to IKEA?  
Should I have more coffee?**

**If you often find yourself overanalyzing answers to everyday questions, then you need this book. Inside you'll find answers to the big and small questions that are taking up too much space inside your brain. And if you're questioning whether you need this book (which is probably an indication that you do, in fact, NEED this book), here's a helpful chart to sort it out.**

**DO I NEED THIS BOOK?**



Want More  
Chronicle Ebooks?

**CLICK HERE!**

**Get  
freebies,  
discounts,  
and more!**