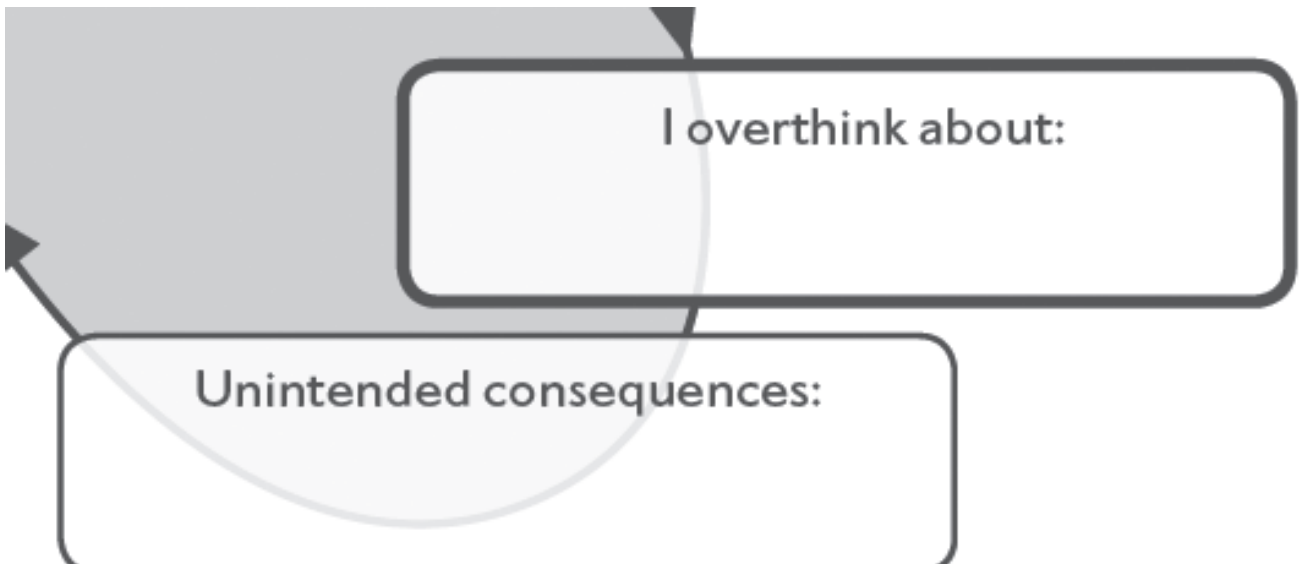Overthinking: brooding and worrying