UNSTUCK

Printable Mind Map

A blank mind map for getting a tangled topic out of your head and onto paper. Good for projects, worries, plans, and anything with too many moving parts.

How to use this sheet

1. Write the topic in the center circle on page 2. One or two words.
2. Add a branch for each major part of the topic as it comes to mind. Do not organize yet.
3. Hang smaller details off each branch. Repeats and dead ends are normal.
4. When the page is full, step back. Circle the branch that needs attention first.

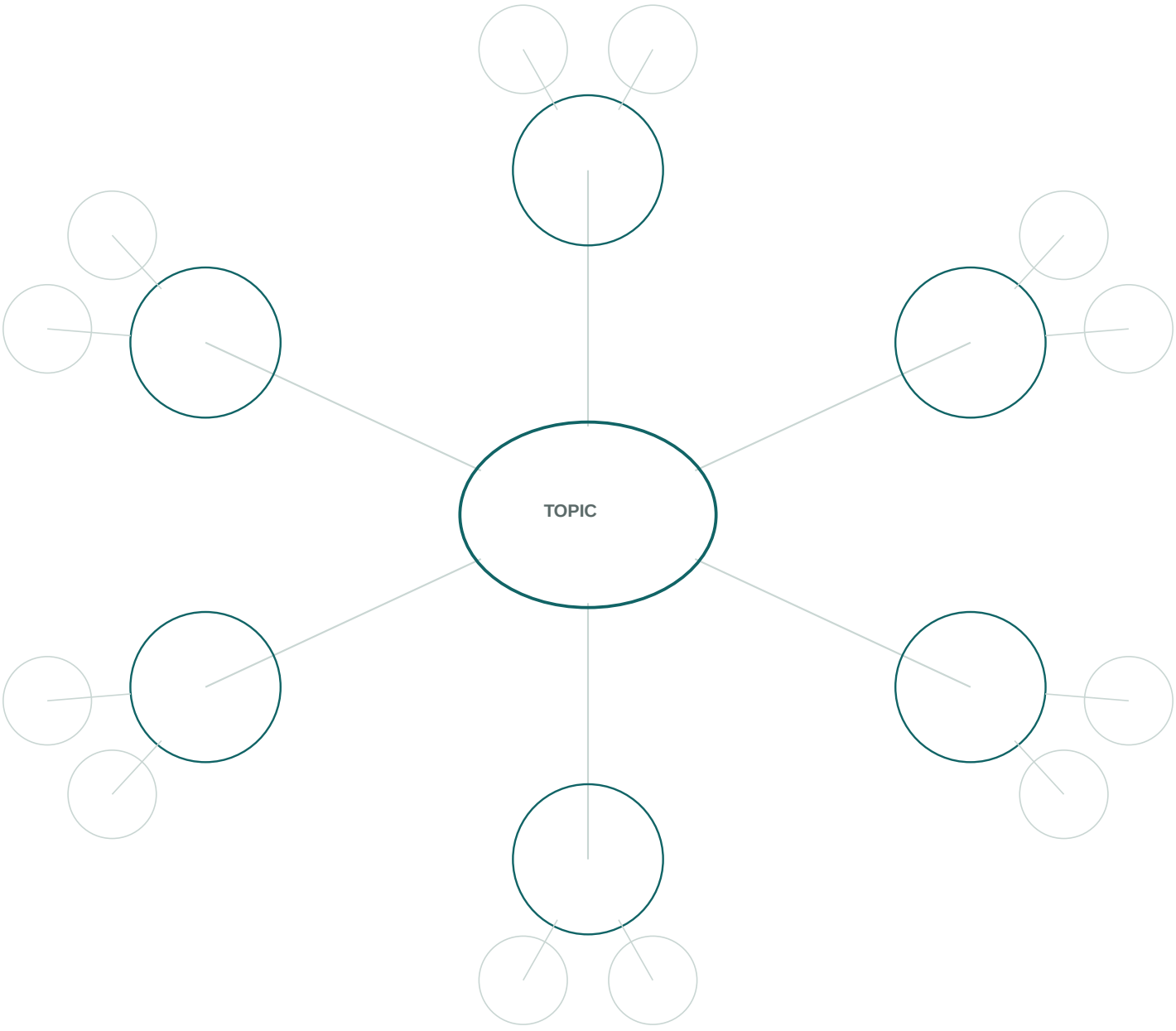
Why maps beat lists for tangled topics

Lists force order before you understand the shape of a thing. A mind map lets the shape emerge first: what connects to what, which branch is heaviest, and where the actual starting point is. Order can come later, once you can see the whole.

What I am mapping, and why now

PLEASE READ: EDUCATIONAL USE ONLY

For educational and personal reflection use only. This worksheet is not therapy, counseling, medical advice, legal advice, diagnosis, or treatment, and using it does not create a clinician-patient relationship. It is a general template that may not fit your situation or your jurisdiction. You are responsible for checking the laws and requirements that apply where you live and for creating your own documents where needed. If you are struggling, please talk with a licensed clinician. In the United States, call or text 988 in a crisis, or call 911 in an emergency.



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