

# Rumination Tool

Rumination is when your thoughts go round and round in circles without resolving the problem, you can spend large amounts of your day stuck in this negative thought pattern. The difficult thing is rumination is often about unanswerable questions.

Many of the problems we face are not “black and white” and often have a long history. Rumination doesn’t work in those kinds of situations. When people spend so much time in their heads, trying to sort out the problem, they don’t actually take action to solve the problem. As a result Rumination becomes another form of avoidance. We need to reduce the time we spend Ruminating, and take action instead.

**Step 1:** Notice Rumination

**Step 2:** Take Action (to solve a problem, or focus away from the thoughts)

<b><u>Situation</u></b>	<b><u>Ruminations</u></b>	<b><u>Consequence</u></b>	<b><u>Is It Helping Me? Yes/No</u></b>	<b><u>Action</u></b>
What Was I Doing?	What was I ruminating about?	On my emotions, what I did, physical symptoms	If no, then do something else instead.	What did I do/can I do instead? (solve a problem, an activity, hobby, music, chores)
<i>Driving at the weekend</i>	<i>An error I made on a piece of work I did yesterday, and how rubbish an employee that must make me</i>	<i>I felt sad, frustrated with myself, I felt like quitting</i>	<i>No, I just kept thinking about something I can't change at this point, and felt rubbish</i>	<i>I will correct my work first thing Monday, I have added a reminder on my calendar. If I think about it on the drive to work tomorrow, I'll turn on the radio and focus on that</i>