

Ruminating Thoughts Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Introduction This worksheet helps you track and analyze ruminating thoughts. It provides insight into the patterns and triggers of these thoughts, and should help you avoid falling into the pattern of ruminating when doing activities that require full attention.

PART 1: RUMINATION JOURNAL

A. Activities Requiring Full Attention: List any activities that require your full attention and how rumination may affect these activities.

B. Log of Ruminating Thoughts: List down the details indicated below for each time you ruminated recently.

RUMINATING THOUGHT #1:

Date: _____ dd / mm / yyyy Time: _____

Situation/Activity:

Subject of Rumination:

Action Taken to Keep from Ruminating:

RUMINATING THOUGHT #2:

Date: _____ dd / mm / yyyy Time: _____

Situation/Activity:

Subject of Rumination:

Action Taken to Keep from Ruminating:

RUMINATING THOUGHT #3:

Date: _____ dd / mm / yyyy Time: _____

Situation/Activity:

Subject of Rumination:

Action Taken to Keep from Ruminating:

RUMINATING THOUGHT #4:

Date: _____ dd / mm / yyyy Time: _____

Situation/Activity:

Subject of Rumination:

Action Taken to Keep from Ruminating:

RUMINATING THOUGHT #5:

Date: _____ dd / mm / yyyy Time: _____

Situation/Activity:

Subject of Rumination:

Action Taken to Keep from Ruminating:

RUMINATING THOUGHT #6:

Date: _____ dd / mm / yyyy Time: _____

Situation/Activity:

Subject of Rumination:

Action Taken to Keep from Ruminating:

RUMINATING THOUGHT #7:

Date: _____ dd / mm / yyyy Time: _____

Situation/Activity:

Subject of Rumination:

Action Taken to Keep from Ruminating:

RUMINATING THOUGHT #8:

Date: _____ dd / mm / yyyy Time: _____

Situation/Activity:

Subject of Rumination:

Action Taken to Keep from Ruminating:

RUMINATING THOUGHT #9:

Date: _____ dd / mm / yyyy Time: _____

Situation/Activity:

Subject of Rumination

Action Taken to Keep from Ruminating:

RUMINATING THOUGHT #10:

Date: _____ dd / mm / yyyy Time: _____

Situation/Activity:

Subject of Rumination:

Action Taken to Keep from Ruminating:

PART 2: SPECIFIC THOUGHT BREAKDOWN

Select a ruminating thought from the list you made earlier. What was the ruminating thought?

How long did you ruminate for?: _____

What were you doing at the time, and how engaged were you with that activity while you were ruminating?

What were the consequences of being distracted by this thought?

Why do you think you started ruminating on this topic?

What colors, smells, noises, sights, and physical sensations did you notice during this time? Should you have noticed anything else?

Describe the steps of the task or activity you were doing when ruminating began.

Additional Notes:

HEALTHCARE PROFESSIONAL'S INFORMATION

Name: _____ License Number: _____

Phone Number: _____ Email: _____

Name of Practice: _____