

Rumination Self-Monitoring Record

Situation / trigger What was happening just before you started ruminating?	Emotion How were you feeling when you started ruminating? (Rate intensity 0–100%)	Ruminative thoughts Notice “Why ... ?”, “What ... ?”, and “How... ?” thoughts	Consequences How did ruminating make you feel? Did you decide to do anything as a result of the rumination?
<p>Who were you with? What were you doing? Where were you? Record the date & time</p>		<p>Were you trying to solve a problem? Did ruminative thoughts chain together?</p>	<p>How did you feel during the rumination? How did you feel afterwards? Did you solve the problem, stop, or get interrupted?</p>