

# Rumination – Self-Monitoring Record

**Rumination** means repetitive negative thoughts. It is when you are:  
• Repeatedly thinking about, worrying about, or being preoccupied by something.  
• Your feelings, current problems, past upsetting events, things about yourself, or the future.

<b>Triggers</b> What were you <i>doing</i> and <i>feeling</i> just before the rumination started?	<b>Thoughts</b> Summarise what you were ruminating about. How long did this episode of rumination last?	<b>Consequences</b> How did the rumination make you <i>feel</i> ? What did you <i>do</i> as a result?	<b>Stopping</b> How did this episode of rumination stop?
<p>• What happened just before you started to ruminate? • Who were you with? What were you doing? Where were you? When did it happen?</p>	<p>Did you ask any “Why ... ?” questions?</p>	<p>• What were the advantages of ruminating? • What were the disadvantages of ruminating? • Did you work anything out?</p>	<p>What happened just before you stopped ruminating?</p>