



Exercise: Monitoring Rumination

Over the next week, see if you can recognise and label rumination when it occurs. Use the rule above to help you recognise brooding, obsessing, or other ruminating behaviour. When you recognise it, say to yourself “This is ruminating.” You will be surprised at how powerful it can be to simply increase your awareness of what you’re doing. You will probably find that labelling rumination will help you control it.

Use the space below to monitor ruminating when it happens. In the first column, record the situation in which you observed yourself ruminating. In the second column record exactly what you were ruminating about. In the third column identify the consequences of ruminating. An example of how to monitor episodes of ruminating is provided in the first row.

	Situation	Rumination	Consequence
1.	Driving to work on Monday	I’m stuck in a bad relationship. I’ll never be happy or fulfilled in my life.	Felt more depressed. Almost drove through a red light.
2.			
3.			
4.			
5.			