

Rumination diary: adapted from Addis and Martell: Overcoming Depression One step at a Time, 2004

Remember, ruminating is what we call it when we find ourselves chewing over a painful old situation (e.g. past disappointment, hurt or rejection) in a way that ends up making us feel worse.

Try to use the 2 minute rule: after you have caught yourself ruminating for at least two minutes, ask yourself:

- 1) What progress has rumination helped me make (if any) towards solving a problem?
- 2) What do I now understand about a problem (or my feelings about it) as a result of ruminating that I haven't understood before?
- 3) How has ruminating affected my mood – do I feel more or less self-critical, depressed, helpless or hopeless now?

If you decide that ruminating is unhelpful then do something active to distract yourself, or make a plan to deal with an underlying problem, then fill in your diary to record how your activity affected your mood

Day/time	Situation	What I was ruminating about	How it made me feel	What I did instead