

Rumination diary

Have you ever caught yourself dwelling on the same thought over and over again? Continuously thinking about the same negative thoughts is called rumination, and this can impact your mental health. Use this sheet to record any ruminations you experience.

Date/ time	Situation/ trigger	Emotions and body responses	Thoughts	Duration	Outcome
	<i>Describe what happened, what were you doing, and who were you with just before the rumination.</i>	<i>How did you feel and what body responses did you notice? Rate the intensity of emotions and body responses on a scale 1 - 100.</i>	<i>What were you thinking about?</i>	<i>For how long did you ruminate?</i>	<i>What did you do in response to this situation? How did rumination made you feel in the end?</i>