A PAUSE, A PRACTICE, A NEXT STEP

Rumination

When the same question keeps circling.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Recognize the loop

Notice a repeated question such as “Why did I say that?” Ask whether you are learning anything new or revisiting the same material.

01 / Notice and reflect

What question keeps repeating?

02 / Notice and reflect

Is there new information or only another review?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Contact your care team if rumination disrupts sleep, deepens low mood, or consumes much of your day. If it involves compulsive reviewing or reassurance, ask about an OCD-informed assessment.

Read more: American Psychiatric Association · Breaking the cycle of rumination

More tools and immediate support: Our Healing Room / Crisis Support.