

# RUMINATING THOUGHTS

## THOUGHT DUMP

- stream of consciousness, write down everything you're ruminating about right now

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WHY DO YOU THINK YOU'RE RUMINATING ABOUT THIS?

## DISTRACTIONS

Sometimes distractions paired with the healing power of time will get you through your ruminations. List some ways to distract yourself below.

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LIST COGNITIVE DISTORTIONS THAT MIGHT BE FEEDING THE RUMINATION

Then, write a counter-thought to the distortion