## RUMINATING THINKING PATTERNS

Repetitive, negative thought and feeling patterns that involve dwelling on problems instead of moving towards resolution.

#### **Excessive Self-Criticism**

Engaging in relentless selfblame, self-criticism or selfcondemnation.

Feels: shameful, weak, like you never have been or done enough, fearful of failure, anxious

### Regret

Dwelling on past mistakes or missed opportunities, often with feelings of guilt and remorse.

Feels: guilt, sadness, disappointment, remorse, grief, failure

## **Worrying About the Future**

Constantly anticipating negative outcomes or envisioning what might go wrong.

Feels: uneasy, anxious, panic, dread, fearing the worst, restless and racing thoughts

#### **Loss & Grief**

Preoccupation with the circumstance of loss, unresolved issues, and what-if scenarios and idealization of the past.

Feels: guilt and self-blame, catastrophic thinking of the future, confusion, longing and yearning for how things used to be, isolation and loneliness.

# COGNITIVE RESTRUCTURING



A therapeutic process to identify, challenge and alter rumination patterns

Identify and record the negative, persistent thought.
Pay attention to what triggered or caused the thought, how it made you feel and what your reaction was.

For example: The thought, "I am always going to fail at this," was triggered when a friend asked me how I prepared for this presentation. It made me sheel as if my friend does not think I am well prepared so I reacted with anger.

Examine the evidence. Challenge the validity of the thought and separate facts from feelings to obtain a more objective view.

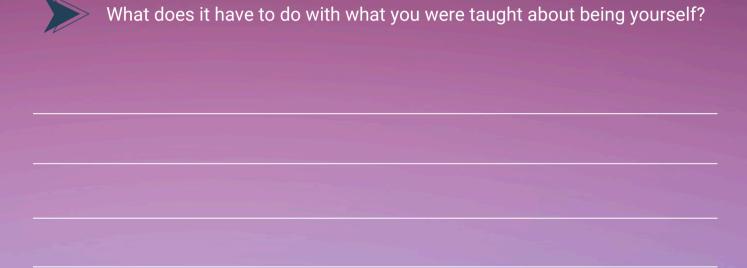
- What evidence supports this thought?
- What evidence contradicts this thought?
- Is this a fact or what my mind assumes to be fact?
- Am I observing the situation objectively or am I projecting how I feel onto it?



Trace the thought back to its origin. Recognize the brain and body may be reexperiencing the past.

What was the context in which you first formed this thought or belief?





Generate and evaluate alternative thoughts to develop a more balanced, realistic view that takes into account the evidence you gathered.

For example: I have worked hard to prepare so that I can succeed. This could be my friend's way of offering support by asking how ready I feel.

