

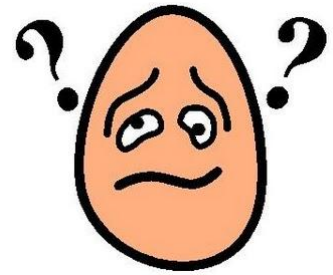
Rumination & Worry

- **Worry**

- Future focused – danger and our own inability to cope
- Leads to: anxiety, stress, fear
 - What if?
 - Imagining the worst will happen

- **Rumination**

- Past focused – loss and personal failings
- Leads to: depression, sadness, shame
 - If only
 - Regret. I should have..., I shouldn't have...

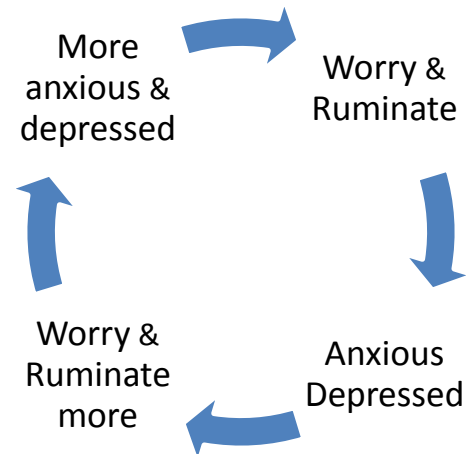


Thinking style

- Similar to what we do in 'problem solving' – but in overdrive!
- Constantly chewing things over, regurgitating. Repeatedly thinking about the same thing. Circular thinking patterns.
- Thoughts keep returning - difficult to get out of the thinking habit.

How does it affect us?

- In ruminating and worrying, we're trying to reduce the distress and overcome problems, but we end up increasing and prolonging our distress, and making the problem bigger.
- Interferes with clear thinking, daily activity, our ability to cope.
- Often leads to unhelpful behaviours to help us escape from our thoughts (self-harm, drinking, drugs, comfort eating etc)
- The more we ruminate or worry, the stronger the habit becomes, and the harder it is to change. The less we ruminate or worry, the weaker the habit becomes.



What can I do?

- Notice that the mind is going down that rumination/worry route
- Tell yourself:
 - I don't have to think about that right now. It can wait until I feel stronger.
 - There's nothing I can do about my thoughts – I can't stop them, but I can choose not to focus on them.
- Do something that will take up your attention and help you feel better



- What can I do right now, that will help me feel better, and be effective for this situation?
- Right now, what can I do that will take me one step in the right direction?