

## Rumination Diary

<b>Date / Time</b>	<b>Trigger</b> What had happened just before the rumination started?	<b>Emotion</b> How did you feel at that time?	<b>Duration</b> How long did the rumination last?	<b>Content</b> What were you thinking about?	<b>Consequences</b> How did ruminating make you feel?	<b>Stopping</b> What stopped the rumination?
	Who were you with? What were you doing?Where were you?				Did you feel different during compared to after?	Did you try to stop? What did you try?