

Changes in Thinking to Stop the Rumination

You do not have to solve every thought. Use these prompts to step out of the loop and return to what is helpful now.

1. NOTICE THE LOOP

- What thought keeps repeating? _____
- What feeling or need may be underneath it? _____
- Am I reflecting—or replaying without finding anything new? _____

2. CHECK THE STORY

- What are the facts? What am I assuming? _____
- Is there another possible explanation? _____
- What would I say to someone I care about? _____

3. WIDEN THE VIEW

- Will more thinking help me—or keep me stuck? _____
- What is within my control today? _____
- What could I accept without approving of it? _____

4. REDIRECT WITH INTENTION

- What is one small, helpful action I can take? _____
- If no action is needed, what can I return my attention to? _____
- What sentence can help me release this for now? _____

A helpful reminder: I can acknowledge this thought without following it.



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