

Rumination Exit Worksheet

Rumination can feel productive while repeatedly circling the same question. This sheet helps you check whether thinking is still producing information - and choose an exit when it is not.

Ask: "What do I know now that I did not know 10 minutes ago?"

The loop

What question, conversation, mistake, or future scenario keeps replaying?

What has this thinking produced?

New facts? A decision? A useful action? A clearer question?

What is it trying to give me?

Certainty, reassurance, an explanation, control, self-punishment, prevention?

10-minute test

What do I know now that I did not know 10 minutes ago? If the answer is "nothing," the loop may no longer be solving the problem.

Choose an exit:

- ☐ Take one concrete action
- ☐ Get one piece of needed information
- ☐ Schedule a specific time to revisit it
- ☐ Let the question remain unanswered for now
- ☐ Shift attention to a chosen activity

My exit plan

What will I do for the next 10-20 minutes instead of continuing the loop?

If the thought returns

Write one sentence you can use without reopening the whole debate. Example: "I have already thought about this; I will return to it at 6 pm if needed."
