

# Rumination Log

An important part of this therapy is to spot times when you get stuck in your thoughts, worrying, overthinking, overanalyzing *and* when you notice yourself avoiding things.

Date/Time	Where were you?	What happened just before it started?	What feelings or physical sensations did you notice just before?	What were you thinking about?	How did you feel after?	How long did it last?
3/27/2026	In bed	Someone said something/memory	Feeling tense, agitated, restless.	Things I said to a friend, how I can across	Stressed, anxious, guilty	2 hours

**Remember:** Being able to notice *when* you are ruminating is important in breaking the habit. There is no right or wrong way to fill out this log. You and your therapist will explore more in your next session.

