Rumination Scale

People think and do many different things when they feel stressed.

Please read each of the items below and indicate whether you almost never, sometimes often or almost always think or do each one when you feel down, sad, anxious or stressed.

Please indicate what you generally do, not what you think you should do.

1. **Almost never 2 sometimes 3 often 4 almost always**

|  |  |
| --- | --- |
| What you generally do:  | Scale 1-4 |
| 1. think “What am I doing to deserve this?”
 |  |
| 1. analyze recent events to try to understand why you are depressed
 |  |
| 1. think “why do I always react this way?”
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| 1. go away by yourself and think about why you feel this way
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| 1. white down what you are thinking about and analyze it
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| 1. think about a recent situation, wishing it had gone better
 |  |
| 1. think “Why do I have problems other people don’t have?”
 |  |
| 1. think “Why can’t I handle things better?”
 |  |
| 1. Analyze your personality to try to understand why you are depressed
 |  |
| 1. Go someplace alone to think about your feelings
 |  |

 TOTAL \_\_\_\_\_\_\_\_