

Ruminating Thoughts Worksheet

Name: Michael Tan	Date: April 16, 2024
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Introduction: This worksheet helps you track and analyze ruminating thoughts. It provides insight into the patterns and triggers of these thoughts, and should help you avoid falling into the pattern of ruminating when doing activities that require full attention.

Part 1: Rumination Journal

A. Activities Requiring Full Attention: List any activities that require your full attention and how rumination may affect these activities.

Any task at work, especially when working high up or with heavy objects or preparing reports.
Operating heavy equipment. Driving, cooking, walking, riding my motorcycle

B. Log of Ruminating Thoughts: List down the details indicated below for each time you ruminated recently.

Date & Time	Situation/Activity	Subject of Rumination	Action Taken to Keep from Ruminating
04/13/2024 11:00 am	Repairing a client's HVAC unit	Doubts about solving a recurring issue for a previous client	Focus on technical manual
04/13/2024 3:00 pm	Writing a report	Concerns over client feedback	Stepped outside for fresh air
04/14/2024 9:00 am	Morning briefing	Client feedback again	After I got called out, I didn't need to do anything, that pulled me back
04/14/2024 12:50 pm	Lunch break	Financial worries	I paid more attention to my food after I almost spilled my drink

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Part 2: Specific Thought Breakdown

A. Select a ruminating thought from the list you made earlier. What was the ruminating thought?

Doubts about solving a recurring HVAC issue for a previous client client

B. How long did you ruminate for? Around 35 minutes

C. What were you doing at the time, and how engaged were you with that activity while you were ruminating?

I was attempting to diagnose a fault in an HVAC system for a new client

D. What were the consequences of being distracted by this thought?

My concentration was divided, which slowed down my diagnostic process. I missed a couple of critical checks and had to redo some of the diagnostic tests, which delayed the repair process.

E. Why do you think you started ruminating on this topic?

I've had a few instances where I couldn't fix similar issues on the first try, which made me doubt my capabilities.

F. What colors, smells, noises, sights, and physical sensations did you notice during this time? Should you have noticed anything else?

I was so focused on my thoughts that I didn't notice my coworker had come by to offer help. Normally, I'm very aware of my surroundings, especially sounds like the equipment running or not.

G. Describe the steps of the task or activity you were doing when ruminating began.

I was checking the system's refrigerant levels and verifying the thermostat settings. I should have methodically followed the checklist but got distracted halfway through.

Additional Notes

It would be beneficial to explore stress management techniques and possibly assertiveness training to help Jonathan manage workplace pressures and communicate more effectively with colleagues and clients.

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