

Rumination

When Replaying a Moment Stops Helping

Adults and teens 13+ | 10 to 15 minutes

Reviewing an event can help you learn or repair a mistake. Rumination often revisits the same questions without adding a useful answer. This page asks what is still actionable and what you may need instead, without requiring you to dismiss feelings or settle every interpretation.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Look for the useful remainder

Name the event broadly and the recurring question. Ask whether a lesson, apology, practical correction, or information request remains. Keep that step specific rather than continuing a global judgment about yourself.

Return to a chosen activity

If there is no further action now, choose an available task or source of support. Returning attention does not mean the event was unimportant. You can acknowledge unfinished feelings while giving another part of life some space.

1. What event and repeated question keep returning?**2. Is there a specific lesson, repair, or information request still available?****3. What part cannot be resolved through another mental replay today?****4. What chosen activity or support will you return to when replay begins again?****Clinical use and adaptation**

Differentiate depressive rumination, trauma intrusions, obsessive mental rituals, and realistic unresolved harm. Avoid forcing thought suppression or repeated evidence analysis. Assess mood and safety where indicated, and use condition-specific care when needed.