



Rumination: When Overthinking Becomes a Trap



Rumination isn't just overthinking, it's a loop of emotional distress disguised as "problem solving." It often feels helpful, but it keeps us stuck in the past and disconnected from the present.



What It Sounds Like

- "Why did that happen?"
- "What could I have done differently?"
- "I should have said..."
- "If I could do that again, I would have..."
- "Why do I feel this way?"
- "Ugh, why am I like this?"
- "What if it happens again?"



The Truth

Rumination is often a trauma-informed survival skill.

If you've experienced moments where being unprepared led to pain, your brain may default to replaying events as a way to "prevent it" from happening again. But now, instead of protecting you, it may be costing you peace.



Why We Ruminate

- We feel powerless, and thinking gives us a false sense of control.
- We're trying to make meaning out of pain.
- We believe more thinking will lead to clarity.
- We're conditioned to analyze instead of feel.
- We instinctively keep returning to the moment of distress.



Interrupt the Loop

- Name it → "I'm looping."
- Ask → "Is this helping or hurting?"
- Redirect → Into action, acceptance, or grounding.

"You can't heal by punishing yourself. You heal by listening differently."