

WORKSHEET: From Rumination to Reflection

Turning stuck thoughts into self-compassionate insight

Step 1: Name the Loop

Think of three things that make you apprehensive or anxious?

Write the ruminating thoughts exactly as it shows up:

Example: “Why didn’t I speak up?” or “I should’ve handled that better.”

Step 2: What's Underneath?

Ask yourself:

1. What emotion is underneath this thought?

(e.g., fear, guilt, shame, insecurity, anger, sadness)

Step 3: What is this thought trying to do for me?

(Is it trying to protect me, prepare me, or make sense of something?)

Step 3: Reframe Your Thoughts into a Reflection Prompt

Flip your rumination into a kind, helpful reflection question.

Use this structure:

“What can I learn from this...” or “What would it look like if I responded with compassion?” Write your new prompt:

Examples:

From: “Why did I mess that up?” → To: “What can I learn from that moment without blaming myself?”

From: “Why can’t I do more?” → To: “What would enough look like if I showed myself compassion?”

How did it feel to reframe the thought?