



The Rumination Loop Breaker™

Move the repeating thought onto paper and decide what deserves your attention next.



Rumination is thinking that circles the same concern without creating new clarity. The goal is not to force the thought away. It is to change how you respond to it.

1

NAME THE LOOP

The thought that keeps returning is:

2

SEPARATE FACTS FROM THE STORY



WHAT I KNOW

Facts I can verify



WHAT MY MIND IS ADDING

Predictions, assumptions or worst-case meanings

3

ASK WHETHER ACTION IS POSSIBLE

☐ Yes, there is one useful action I can take. ☐ I need more information before deciding. ☐ This cannot be solved or controlled right now.

One useful action, if there is one:

4

CHOOSE WHAT HAPPENS TO THE THOUGHT



ACT

Take the next useful step.



SCHEDULE

Choose a time to revisit it.



ASK

Get information or support.



SET DOWN

Stop working on it for now.

5



LEAVE A RETURN NOTE

If I need to revisit this, I will return to it on: _____ at _____

The question I will answer then: _____

6



REDIRECT WITH PURPOSE

Choose an activity that uses your attention instead of checking whether the thought is gone.

☐ A familiar task ☐ Movement ☐ Conversation ☐ Something absorbing or enjoyable

A More Useful Sentence

I have considered this for now. My next step is: _____



Gentle Reminder

A thought can feel urgent without requiring an immediate answer. Some uncertainty may remain.



Martine's Midlife Wellness Tip

If the thought returns, point yourself back to the decision you already made instead of reopening the entire question.



Seek professional support when repetitive thoughts are persistent, highly distressing, interfere with sleep or daily life, or feel difficult to manage.