

## Practical information

# RUMINATIONS THOUGHTS

## Distorting glasses

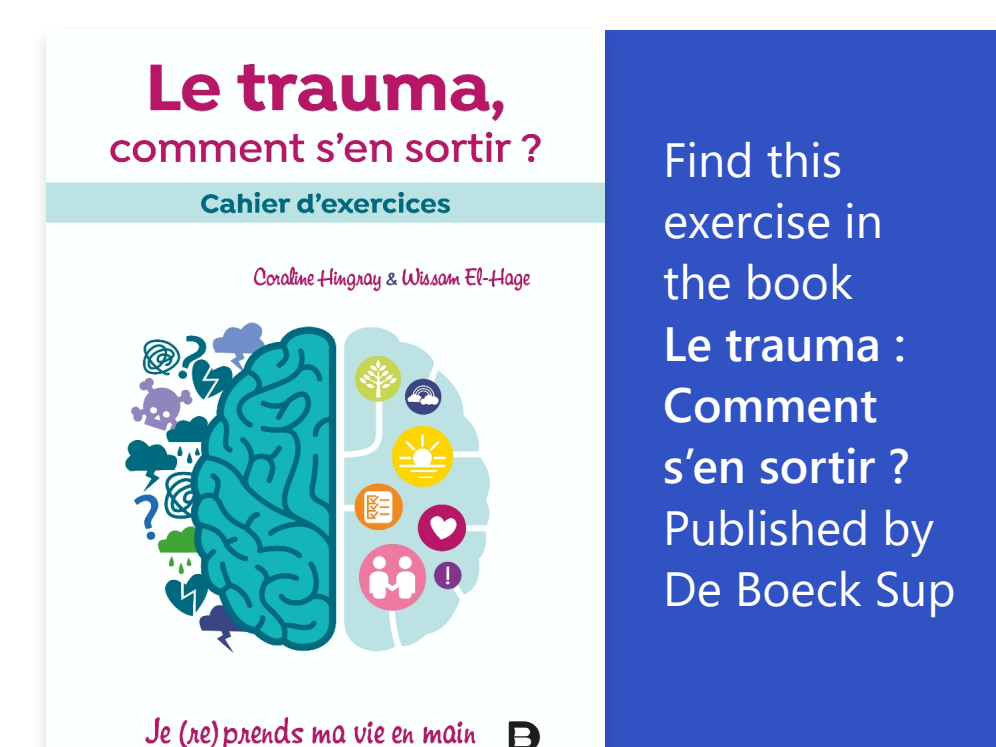
Identifying these thought processes is often quite difficult because they are very much underlying and buried. This work is often done with the help of a therapist to support you. But perhaps you were able to recognise yourself in some of the distorting glasses and negative core beliefs? Take the time to reread these pages and analyse the observation charts of your thoughts that you have made, so you can better make sense of your thought patterns. If you answer YES to the questions below, it shows that you probably wear this type of distorting glasses.

Here are some questions to help you see the possible distorting glasses (cognitive biases) more clearly. If you recognise yourself in these questions, feel free to write examples.

Is it possible that I am exaggerating? That I am amplifying it? That I am overgeneralising?

Am I thinking in terms of certainties rather than probabilities?

Do I make judgements and conclusions based on my emotions rather than facts?



Do I tend to feel overly concerned or responsible for certain events?

Do I tend to think in an all-or-nothing way?

Then, using this observation and having critiqued your thoughts, write down in this table what you have identified. Be sure to base what you write on the explanations and examples given.

My favourite distorting glasses

**i** The aim of these exercises is to help you understand the fairly complex concept of merging of thoughts and to help you separate yourself from thoughts that cause you suffering.

## Tick-tock... How much time do you spend in your thoughts?

- It is not easy, let alone spontaneous, but it may be useful to try asking yourself the following question, at least four times a day, for three days in a row:  
In the last few hours, how much time have I really spent in action, in the present moment, and how much time have I spent thinking, reflecting, cogitating and ruminating?
- Then write down in this table an amount in hours, even if it's very rough or approximate. It is important to be aware of how much time you spend questioning, ruminating, with your mind wandering...

Practical information

RUMINATIONS THOUGHTS

|       | Time spent in<br>my thoughts (in hours) | Time spent<br>in action (in hours) |
|-------|-----------------------------------------|------------------------------------|
| Day 1 | <div><div></div>h<div></div></div>      | <div><div></div>h<div></div></div> |
| Day 2 | <div><div></div>h<div></div></div>      | <div><div></div>h<div></div></div> |
| Day 3 | <div><div></div>h<div></div></div>      | <div><div></div>h<div></div></div> |

○ Observe how much time you spend thinking. Comment, evaluate and compare it to the time spent in action.

Question your negative thoughts

**i** This step is essential as it allows any alternative thoughts to emerge. They are valuable and useful. Keep them.

Choose at least three of your identified negative thoughts and really grill them!  
Write down the details for at least one example: writing also makes it easier to stand back.

When

(circumstances),

my head told me that

## Practical information

### RUMINATIONS THOUGHTS

1. What evidence do I have?

2. Are there other ways of interpreting these facts?

