

NAME \_\_\_\_\_

DATE \_\_\_\_\_

## Rumination Scale

Please read each of the items below and circle how often you thought or did each item over the past week (base this on what you generally do, not what you think you should do).

How much did you think or do this in past week?	Almost never	Sometimes	Often	Almost always
Think about how alone you feel	0	1	2	3
Think "I won't be able to do my job if I don't snap out of this"	0	1	2	3
Think about your feelings of fatigue and achiness	0	1	2	3
Think about how hard it is to concentrate	0	1	2	3
Think "What am I doing to deserve this?"	0	1	2	3
Think about how passive and unmotivated you feel	0	1	2	3
Analyze recent events to try to understand why you are depressed	0	1	2	3
Think about how you don't seem to feel anything anymore	0	1	2	3
Think "Why can't I get going?"	0	1	2	3
Think "Why do I always react this way?"	0	1	2	3
Go away by yourself and think about why you feel this way	0	1	2	3
Write down what you are thinking about and analyze it	0	1	2	3
Think about a recent situation, wishing it had gone better	0	1	2	3
Think "I won't be able to concentrate if I keep feeling this way."	0	1	2	3
Think "Why do I have problems other people don't have?"	0	1	2	3
Think "Why can't I handle things better?"	0	1	2	3
Think about how sad you feel	0	1	2	3
Think about all your shortcomings, failings, faults, mistakes	0	1	2	3
Think about how you don't feel up to doing anything	0	1	2	3
Analyze your personality to try to understand why you are depressed	0	1	2	3
Go someplace alone to think about your feelings	0	1	2	3
Think about how angry you are with yourself	0	1	2	3
<b>TOTAL SCORE (0-66)</b>				