



## Rumination Scale

On a typical day:

1: *When I'm doing things that allow my mind to wander, such as driving, cleaning or trying to fall asleep, I think about stressful situations from my job.*

1. Never 2. Rarely 3. Sometimes 4. Often 5. All the time

2: *I find it difficult to relax because the stressful thoughts about work seem to come into my mind even more when I'm still.*

1. Never 2. Rarely 3. Sometimes 4. Often 5. All the time

3: *I wake up in the middle of the night unable to get back to sleep because I can't stop thinking about a conflict or problem at work.*

1. Never 2. Rarely 3. Sometimes 4. Often 5. All the time

4: *When I think about difficult clients, my thoughts are more likely to go to:*

1. Re-hashing the event that upset me 2. Defining a concrete solution 3. How upset I feel



5. ***When a stressful event happened at work, which group best represents your response in the evening?*** (Circle “A” or “B”)

<b>A</b>	<b>B</b>
I thought about the event when I did not mean to.	I was able to fully focus on what I was doing that evening.
Thoughts about the event came to mind and I could not stop thinking about them.	If I thought about the event, it was because I deliberately summoned it up.
Thoughts about the event distracted me or kept me from being able to concentrate.	When I thought about the event, I felt thoughtful and calm.
Even in the late evening my thoughts were returning to the event.	I thought about whether I have learned anything as a result of my experience.

6. **You just finished interacting with a client who was irrationally angry at you, and presented complex problems that made it hard for you to know what to do. Predict how long it will take for you to return to a calm, baseline emotional state:**

1. Less than 1 hour    2. Less than 4 hours    3. The rest of the day    4. Could last for more than a day



## CE-CERT Rumination Scale Scoring Key

Your entered score	Conversion Directions	Resulting Score
1.	Enter your actual score into the resulting score column.	
2.	Enter your actual score into the resulting score column.	
3.	Enter your actual score into the resulting score column.	
4.	If you selected "1" enter "4" If you selected "2" enter "0" If you selected "3" enter "4"	
5.	If you selected column "A" enter "4" If you selected column "B" enter "0"	
6.	Enter your actual score into the resulting score column.	
<b>Total</b>		

Score Interpretation	
Score	Rumination Category
If your score was:	Then you are a
0-8	Low Ruminator
9-20	Circumstantial Ruminator
21-30	Problem Ruminator