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a Case of, Thinking like this makes it really
scary for them to make mistakes. ... Having a
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documents for mistakes, stop yourself from
checking more than once. Or, spend 30
minutes instead, in this way, digesting them
a little at a time like cud-chewing cattle. But
in certain forms of depression, rumination
becomes less a deliberate practice of
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here if you don't have time for the rest of
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questions, to develop their own guiding
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it during your day or week. 1. Put things into
a wider perspective. ... So do it in small steps
if you like. 6. Say stop in a situation where
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