

DO Therapy

Interrupt the Rumination Loop

Thinking can help us understand experiences, solve problems, and make decisions. But sometimes thinking stops producing anything new and begins circling the same question, conversation, mistake, or possibility. This exercise helps you practice **recognizing when reflection has become repetition and choosing what to do next.**

NOTICE

Notice when your mind keeps returning to the same topic. Maybe you are:

- Replaying a conversation
- Reviewing something you said or did
- Trying to understand why something happened
- Reconsidering a decision you've already made
- Imagining what you should have done differently
- Trying to determine what someone else was thinking
- Searching repeatedly for an explanation

Ask: **“Am I discovering something new or reviewing what I already know?”**

Choose **one recurring thought or question** to work with.

REVIEW THE GAME TAPE

Look at what happens when the thought returns.

Ask:

- What question am I trying to answer?
- Have I already thought about this before?
- Am I discovering new information?
- Is there actually an answer available to me?
- Does thinking about it again move me toward something or simply restart the loop?

Notice the pattern: **PROBLEM → THINK → NO RESOLUTION → THINK AGAIN → STILL NO RESOLUTION → THINK AGAIN**

Then ask: **“What would need to happen for more thinking to actually become useful?”**

Maybe you need **new information, a decision, an action, a conversation or acceptance that there may not be a satisfying answer.**

PRACTICE

When you notice the loop, sort it.

- **I NEED MORE INFORMATION:** Identify what information is actually missing and where it could realistically come from.
- **I HAVE ENOUGH INFORMATION TO ACT:** Stop reviewing and choose **one next step**.
- **THERE MAY NOT BE AN ANSWER:** Practice allowing the question to remain unresolved.

Then redirect your attention toward something you can actually participate in now.

Try: **“I've already thought about this. Unless I get new information, I don't need to solve it again right now.”**

The goal isn't to force the thought away.

It is to stop automatically giving it **another round of analysis**.

BUILD REPS

Expect the thought to return. When it does, notice it without treating its return as evidence that you need to solve it again.

Ask:

- Did anything new happen or did the thought simply come back?
- Am I catching the loop sooner?
- Am I spending less time feeding it?
- Is there an action I need to take?
- Can I redirect even when the question still feels unfinished?
- What helps me disengage and return to what I'm doing?

Success isn't: **“I never thought about it again.”**

It may simply be: **“I noticed the thought sooner, spent less time feeding it, and chose what I did next.”**

NOTICE → NAME THE LOOP → SORT → DO → REDIRECT

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NOTICE → REVIEW THE GAME TAPE → PRACTICE → BUILD REPS → TEST & LEARN

Notice what's happening. **Review the game tape** with curiosity rather than judgment. Choose something to **practice**. **Build reps** by trying it more than once and noticing what happens. Then **test & learn**—keep what helps, adjust what doesn't, and try again.

The goal isn't to get it right. The goal is to learn from what happens.