

## The Rumination-Reflection Questionnaire

Trapnell, P. D., & Campbell, J. D. (1999). Private self-consciousness and the five-factor model of personality: Distinguishing rumination from reflection. *Journal of Personality and Social Psychology, 76*, 284–304.

### Background

As an alternative model of private self-consciousness, Trapnell and Campbell (1999) proposed a distinction between rumination and reflection. Both rumination and reflection involve heightened attention to self, but they differ in the motive behind the attention. *Rumination* is "self-attentiveness motivated by perceived threats, losses, or injustices to the self"; *reflection* is "self-attentiveness motivated by curiosity or epistemic interest in the self" (Trapnell & Campbell, 1999, p. 297).

Teasdale and Green (2004) recently found that the effect of rumination on autobiographical memory was entirely explained by neuroticism. This raises concerns about rumination's incremental validity. In my research, neither rumination nor reflection predicted self-focused attention (Silvia, Eichstaedt, & Phillips, 2005). The construct validity of rumination and reflection as types of "self-attentiveness" deserves more attention.

### Reference for this scale:

Some papers that used this scale:

Joireman, J. A. (2004). Empathy and the self-absorption paradox II: Self-rumination and self-reflection as mediators between shame, guilt, and empathy. *Self and Identity, 3*, 225–238.

Joireman, J. A., Parrott, L., III., & Hammersla, J. (2002). Empathy and the self-absorption paradox: Support for the distinction between self-rumination and self-reflection. *Self and Identity, 1*, 53–65.

Silvia, P. J., Eichstaedt, J., & Phillips, A. G. (2005). [Are rumination and reflection types of self-focused attention?](#) *Personality and Individual Differences, 38*, 871-881.

Teasdale, J. D., & Green, H. A. C. (2004). Ruminative self-focus and autobiographical memory. *Personality and Individual Differences, 36*, 1933-1943.

## Instructions

For each of the following statements, rate your level of agreement using the following scale: Strongly disagree (1), Disagree (2), Neutral (3), Agree (4), and Strongly agree (5).

## Items

### *Rumination*

1. My attention is often focused on aspects of myself I wish I'd stop thinking about.
2. I always seem to be rehashing in my mind recent things I've said or done.
3. Sometimes it is hard for me to shut off thoughts about myself.
4. Long after an argument or disagreement is over with, my thoughts keep going back to what happened.
5. I tend to "ruminate" or dwell over things that happen to me for a really long time afterward.
6. I don't waste time rethinking things that are over and done with.
7. Often I'm playing back over in my mind how I acted in a past situation.
8. I often find myself reevaluating something I've done.
9. I never ruminate or dwell on myself for very long.
10. It is easy for me to put unwanted thoughts out of my mind.
11. I often reflect on episodes in my life that I should no longer concern myself with.
12. I spend a great deal of time thinking back over my embarrassing or disappointing moments.

### *Reflection*

13. Philosophical or abstract thinking doesn't appeal to me that much.
14. I'm not really a meditative type of person.
15. I love exploring my "inner" self.
16. My attitudes and feelings about things fascinate me.
17. I don't really care for introspective or self-reflective thinking.
18. I love analyzing why I do things.
19. People often say I'm a "deep," introspective type of person.
20. I don't care much for self-analysis.
21. I'm very self-inquisitive by nature.
22. I love to meditate on the nature and meaning of things.
23. I often love to look at my life in philosophical ways.
24. Contemplating myself isn't my idea of fun.
25. Reverse-scored item

## Scoring

Items 6, 9, 10, 13, 14, 17, 20, 24, 25 are reverse scored.