反刍/分心诱导材料

**反刍条件**

思考：分析你的个性，理解为什么你会在刚刚回忆的事件中感到如此沮丧。

思考：通过刚刚回忆的事件，揭示出你是什么样的人。与其他人相比，你在性格上有何相似之处/不同之处？

思考：为什么我会经历那些其他人不经历的事件？

思考：为什么我不能在刚刚回忆的事件中更好地处理事情？

**分心条件**

想象：一个典型教室的布局

想象：雨滴在窗玻璃上滑落的样子

想象：天空中云朵的形成

想象：一列火车停在车站

材料来源：

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| Instructions | Phase |
| Think: Analyze your personality to understand why you feel so depressed in the events you just remembered | Rumination |
| Think: The kind of person you are revealed by the events you just remembered. How similar/different you are relative to other people？ | Rumination |
| Think: Why do I encounter these events other people don’t？ | Rumination |
| Think: Why can’t I handle things better in these events I just remembered？ | Rumination |
| Think about: The layout of a typical classroom | Distraction |
| Think about: Raindrops sliding down a windowpane | Distraction |
| Think about: Clouds forming in the sky | Distraction |
| Think about: A train stopped at a station | Distractions |

Chen, X., Chen, N. X., Shen, Y. Q., Li, H. X., Li, L., Lu, B., ... & Yan, C. G. (2020). The subsystem mechanism of default mode network underlying rumination: A reproducible neuroimaging study. Neuroimage, 221, 117185.