**Appendix B**

**Differences between intrusions and rumination**

**Intrusion:**

Sensoric, e.g. sight, sound, smell, bodily sensation

Starts involuntarily

Brief duration, minutes or seconds

Bodily arousal (often)

Memories

Unwanted, attempted to be avoided

Life-like, ‘as if being there’, ‘here-and-now’

**Rumination**:

Verbal, thoughts or ‘inner dialogue’

Can be initiated and continued voluntarily

Longer duration, minutes or hours

Cognitive activation

Evaluative thoughts

Can feel necessary or ‘helpful’ in order to make sense of what happened

Thoughts are circling around the trauma, its meaning and consequences