

# Thought Loops

In this video, I'll explain the concept of thought loops, when our mind goes down a chain of thinking and then loops back to the beginning. Thought loops can be very exhausting and unproductive. People who experience thought loops often want them to stop them but can't control their mind. We'll unpack a few basic principles of the mind, and understand thought loops through this lens. By understanding the nature of thought loops, it opens the door to how to deal with them.

## References and further reading:

- Hamilton, J. P., Farmer, M., Fogelman, P., & Gotlib, I. H. (2015). Depressive rumination, the default-mode network, and the dark matter of clinical neuroscience. *Biological psychiatry*, 78(4), 224-230.

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