The graph illustrates the change in rumination over time for both the training and control groups. The x-axis represents the time points: Pre, Post, Follow 1, and Follow 2. The y-axis represents the level of rumination, ranging from 34 to 42. The training group is represented by a blue line, while the control group is represented by a red dotted line. The graph shows a decrease in rumination for the training group from Pre to Post and a slight increase in rumination at Follow 1 and Follow 2. The control group shows a steady increase in rumination from Pre to Post and a slight decrease at Follow 1 and Follow 2.