## **EXERCISE: Rumination vs Problem-solving**

Does rumir	ating help yo	ou to avoid	anything?	,		
	ne consequer g you move fo		inating? (I	n terms of	f how you	fee
			inating? (I	n terms of	f how you	fee
			inating? (I	n terms of	f how you	fee
			inating? (I	n terms of	f how you	fee
			inating? (I	n terms of	f how you	fee
and helping		orwards.)	r answers.	What do		
and helping	you move for	orwards.)	r answers.	What do		