

B	I	N	G	O
Thinking Error	All or Nothing	Disqualifying Positives	Rationalize	Mental Filter
Defense Mechanism	Straightforward Approach	Minimization	Blaming	Personalization
Should Statements	Unfair Comparisons	FREE	Catastrophizing	Jumping to Conclusions
Labeling	Reframe	Magnification	Examine the Evidence	Mind Reading
Emotional Reasoning	Cognitive distortion	Overgeneralization	What If?	Discounting Positives

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Unfair Comparisons	Blaming	Rationalize	Defense Mechanism	Minimization
Disqualifying Positives	What If?	Mental Filter	Cognitive distortion	Personalization
Labeling	Catastrophizing	FREE	Jumping to Conclusions	All or Nothing
Examine the Evidence	Overgeneralization	Thinking Error	Discounting Positives	Reframe
Magnification	Mind Reading	Should Statements	Straightforward Approach	Emotional Reasoning

B	I	N	G	O
Cognitive distortion	Overgeneralization	Blaming	Mind Reading	Catastrophizing
Thinking Error	Labeling	Magnification	Straightforward Approach	Mental Filter
Should Statements	Discounting Positives	FREE	Reframe	Examine the Evidence
Unfair Comparisons	Personalization	Rationalize	What If?	Disqualifying Positives
Jumping to Conclusions	All or Nothing	Minimization	Defense Mechanism	Emotional Reasoning