

B	I	N	G	O
Problem solving	"Should" Statements	Cognitions	Name a coping skill	Ignoring the good
CBT Triangle	Perfectionism	Mind reading	Accepting Helplessness	Minimizing
Overgeneralization	Self soothing	FREE	All-or-nothing thinking	ERP
Emotional reasoning	Name a coping skill	Fortune telling	Deep breathing	Judging Yourself Unfairly
Core beliefs	Automatic thoughts	Mindfulness	Thought challenging	Catastrophizing

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Self soothing	Accepting Helplessness	Name a coping skill	CBT Triangle	Mind reading
Cognitions	Thought challenging	Ignoring the good	Automatic thoughts	Minimizing
Emotional reasoning	All-or-nothing thinking	FREE	ERP	"Should" Statements
Deep breathing	Mindfulness	Problem solving	Catastrophizing	Name a coping skill
Fortune telling	Judging Yourself Unfairly	Overgeneralization	Perfectionism	Core beliefs

B	I	N	G	O
Automatic thoughts	Mindfulness	Accepting Helplessness	Judging Yourself Unfairly	All-or-nothing thinking
Problem solving	Emotional reasoning	Fortune telling	Perfectionism	Ignoring the good
Overgeneralization	Catastrophizing	FREE	Name a coping skill	Deep breathing
Self soothing	Minimizing	Name a coping skill	Thought challenging	Cognitions
ERP	"Should" Statements	Mind reading	CBT Triangle	Core beliefs