

|                                     |                                |                                           |                                    |                                  |
|-------------------------------------|--------------------------------|-------------------------------------------|------------------------------------|----------------------------------|
| <b>B</b>                            | <b>I</b>                       | <b>N</b>                                  | <b>G</b>                           | <b>O</b>                         |
| Progressive<br>Muscle<br>Relaxation | All or<br>Nothing<br>Thinking  | Challenge<br>negative<br>thoughts/beliefs | Negative<br>Core<br>Belief         | Exposure                         |
| CBT                                 | Personalization                | Jumping to<br>conclusions                 | Alternative<br>Thought             | Negative<br>Automatic<br>Thought |
| Paced<br>Breathing                  | Should/Must<br>Statement       | <b>FREE</b>                               | Balanced<br>belief                 | Cognitive<br>Distortion          |
| Decatastrophizing                   | Overgeneralization             | Disqualifying<br>the Positives            | Cognitive<br>Behavioral<br>Therapy | Journaling                       |
| Check<br>the facts                  | Black and<br>White<br>Thinking | Mental<br>Filter                          | Thought<br>Record                  | Catastrophizing                  |

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| <b>B</b>                            | <b>I</b>            | <b>N</b>                      | <b>G</b>                 | <b>O</b>                   |
| Should/Must Statement               | Alternative Thought | Negative Core Belief          | CBT                      | Jumping to conclusions     |
| Challenge negative thoughts/beliefs | Thought Record      | Exposure                      | Black and White Thinking | Negative Automatic Thought |
| Decatastrophizing                   | Balanced belief     | <b>FREE</b>                   | Cognitive Distortion     | All or Nothing Thinking    |
| Cognitive Behavioral Therapy        | Mental Filter       | Progressive Muscle Relaxation | Catastrophizing          | Overgeneralization         |
| Disqualifying the Positives         | Journaling          | Paced Breathing               | Personalization          | Check the facts            |

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| <b>B</b>                      | <b>I</b>                   | <b>N</b>                    | <b>G</b>           | <b>O</b>                            |
| Black and White Thinking      | Mental Filter              | Alternative Thought         | Journaling         | Balanced belief                     |
| Progressive Muscle Relaxation | Decatastrophizing          | Disqualifying the Positives | Personalization    | Exposure                            |
| Paced Breathing               | Catastrophizing            | <b>FREE</b>                 | Overgeneralization | Cognitive Behavioral Therapy        |
| Should/Must Statement         | Negative Automatic Thought | Negative Core Belief        | Thought Record     | Challenge negative thoughts/beliefs |
| Cognitive Distortion          | All or Nothing Thinking    | Jumping to conclusions      | CBT                | Check the facts                     |