

B	I	N	G	O
Reframe	All or Nothing	Discounting Positives	Mind Reading	Identify the distortion
Cognitive distortion	Personalization or Blame	Labeling	Attitude Cost-Benefit Analysis	Mental Filter
Overgeneralization	Should Statements	FREE	Catastrophizing	Emotional Reasoning
Examine the Evidence	Minimization	Experimental technique	Double-Standard Technique	Jumping to Conclusions
Disqualifying Positives	Cognitive Behavioral Therapy	Magnification	Survey Method	Define terms

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Should Statements	Attitude Cost-Benefit Analysis	Mind Reading	Cognitive distortion	Labeling
Discounting Positives	Survey Method	Identify the distortion	Cognitive Behavioral Therapy	Mental Filter
Examine the Evidence	Catastrophizing	FREE	Emotional Reasoning	All or Nothing
Double-Standard Technique	Magnification	Reframe	Define terms	Minimization
Experimental technique	Jumping to Conclusions	Overgeneralization	Personalization or Blame	Disqualifying Positives

B	I	N	G	O
Cognitive Behavioral Therapy	Magnification	Attitude Cost-Benefit Analysis	Jumping to Conclusions	Catastrophizing
Reframe	Examine the Evidence	Experimental technique	Personalization or Blame	Identify the distortion
Overgeneralization	Define terms	FREE	Minimization	Double-Standard Technique
Should Statements	Mental Filter	Mind Reading	Survey Method	Discounting Positives
Emotional Reasoning	All or Nothing	Labeling	Cognitive distortion	Disqualifying Positives