

B	I	N	G	O
Reframing	"Everyone can tell that I'm a loser"	Catastrophizing	Mind Reading	Feelings
Automatic negative thoughts	Personalization	Jumping to conclusions	"Should" statement s	Magnification
Overgeneralization	Sammi is cool	FREE	Activating Event	Disqualifying the positive
Emotional Reasoning	Minimization	Emotions	Consequences	Fortune Telling
Cognitive restructuring	All-or-nothing thinking	Magical Thinking	Thoughts	Behaviors

B	I	N	G	O
Sammi is cool	"Should" statement s	Mind Reading	Automatic negative thoughts	Jumping to conclusions
Catastrophizing	Thoughts	Feelings	All-or-nothing thinking	Magnification
Emotional Reasoning	Activating Event	FREE	Disqualifying the positive	"Everyone can tell that I'm a loser"
Consequences	Magical Thinking	Reframing	Behaviors	Minimization
Emotions	Fortune Telling	Overgeneralization	Personalization	Cognitive restructuring

B	I	N	G	O
All-or-nothing thinking	Magical Thinking	"Should" statements	Fortune Telling	Activating Event
Reframing	Emotional Reasoning	Emotions	Personalization	Feelings
Overgeneralization	Behaviors	FREE	Minimization	Consequences
Sammi is cool	Magnification	Mind Reading	Thoughts	Catastrophizing
Disqualifying the positive	"Everyone can tell that I'm a loser"	Jumping to conclusions	Automatic negative thoughts	Cognitive restructuring