

B	I	N	G	O
Setting the bar too high	"Alex didn't invite me to his party. I bet he thinks I'm weird."	"I forgot my friends birthday so I'm a terrible friend."	"Nobody wants to play with me during recess so they must all think I'm boring."	"If I don't get an A on every test I'm not smart."
"I didn't win the race so I'm a loser."	People are looking at me. They probably think my shirt is ugly."	"My friend didn't sit with me at lunch today so he must be mad at me."	"I argued with my sibling so I'm a bad brother."	Mind reading
no point in even trying."	"I can't make any mistakes I have to be perfect all the time."	FREE	"I saw two people whispering and laughing and I'm sure they were making fun of me."	"I'm a loser so my artwork stinks."
Mind reading	"I'm so stupid. Everything I say is dumb."	"My teacher is mad at me because she gave me a lower grade on my test."	"I have to be the funniest person in the class otherwise nobody	"If I don't win first place there's
"I didn't finish my drawing perfectly so I'm a terrible artist."	I have to win every tennis match I play otherwise I'm worthless."	"I forgot how to do this math problem I'm so dumb	will like me."	"I forgot how to do this math problem I'm so dumb."

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"If I don't get an A on every test I'm not smart."	"I know Jonny didn't invite me to his party because he doesn't like me."	Mind reading	"My friend didn't sit with me at lunch today so he must be mad at me."	People are looking at me. They probably think my shirt is ugly."

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