

B	I	N	G	O
People should always be nice to me.	"Should" statements	I feel nervous so I must not be good enough	Luke is sad today I probably did something to upset him.	I should have lots of friends
I feel jealous when others get attention so I must not be as interesting.	My teacher is mad at the class it must be because of me	I should wake up on time every day	Facts as feelings	It's all my fault
My friend failed their math test. I must have been too loud during study time.	Self-blaming	FREE	I feel dumb so I must be dumb .	I should always be happy.
I should always get perfect grades	My brother is angry I must have done something to make him mad.	I should have done better on my math test	I feel ugly so I must be ugly.	I should never make mistakes
I feel scared to try new things so I must not be capable.	I feel embarrassed when I talk in front of the class so I must not be good at talking in front of people.	I shouldn't have made that mistake.	When your basketball team loses a game you think it's entirely your fault.	I feel like a bad friend so I must be a bad friend.

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