

B	I	N	G	O
Personalization	Aaron Beck	CBT	Mental Filter	Decatastrophizing
Balanced belief	Overgeneralization	Emotional reasoning	All or Nothing Thinking	Jumping to conclusions
Negative Core Belief	Should/Must Statement	FREE	Alternative Thoughts	Check the facts
Cognitive Behavioral Therapy	Negative Automatic Thought	Cognitive Distortion	Challenge negative thoughts/beliefs	Disqualifying the Positives
Catastrophizing	Anxiety	Hopelessness/Discouragement	Thought Record	Black and White Thinking

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Should/Must Statement	All or Nothing Thinking	Mental Filter	Balanced belief	Emotional reasoning
CBT	Thought Record	Decatastrophizing	Anxiety	Jumping to conclusions
Cognitive Behavioral Therapy	Alternative Thoughts	FREE	Check the facts	Aaron Beck
Challenge negative thoughts/beliefs	Hopelessness/Discouragement	Personalization	Black and White Thinking	Negative Automatic Thought
Cognitive Distortion	Disqualifying the Positives	Negative Core Belief	Overgeneralization	Catastrophizing

B	I	N	G	O
Anxiety	Hopelessness/Discouragement	All or Nothing Thinking	Disqualifying the Positives	Alternative Thoughts
Personalization	Cognitive Behavioral Therapy	Cognitive Distortion	Overgeneralization	Decatastrophizing
Negative Core Belief	Black and White Thinking	FREE	Negative Automatic Thought	Challenge negative thoughts/beliefs
Should/Must Statement	Jumping to conclusions	Mental Filter	Thought Record	CBT
Check the facts	Aaron Beck	Emotional reasoning	Balanced belief	Catastrophizing