B	I	N	G	O
Resentment	ACCEPTS	Check the facts	Labeling	Disqualifying the Positives
Blame	Rational Mind	Emotional reasoning	Affirmations	Jumping to conclusions
Mental Filter	Should/Must Statement	**FREE**	Alternative Thoughts	Cost benefits Analysis
DBT	Marsha Linehan	Deep breathing	Compassion	Emotion Mind
Cognitive Behavioral Therapy	Anger	Guilt/Shame	Wise Mind	Challenge negative

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B	I	N	G	O
Should/Must Statement	Affirmations	Labeling	Blame	Emotional reasoning
Check the facts	Wise Mind	Disqualifying the Positives	Anger	Jumping to conclusions
DBT	Alternative Thoughts	**FREE**	Cost benefits Analysis	ACCEPTS
Compassion	Guilt/Shame	Resentment	Challenge negative	Marsha Linehan
Deep breathing	Emotion Mind	Mental Filter	Rational Mind	Cognitive Behavioral Therapy

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B	I	N	G	O
Anger	Guilt/Shame	Affirmations	Emotion Mind	Alternative Thoughts
Resentment	DBT	Deep breathing	Rational Mind	Disqualifying the Positives
Mental Filter	Challenge negative	**FREE**	Marsha Linehan	Compassion
Should/Must Statement	Jumping to conclusions	Labeling	Wise Mind	Check the facts
Cost benefits Analysis	ACCEPTS	Emotional reasoning	Blame	Cognitive Behavioral Therapy

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