

B	I	N	G	O
Predictions	Black & White Thoughts	Feelings	Negative Glasses	Mind Reading
Compare & Despair	Predictions	Mountains & Molehills	Black & White Thoughts	Negative Glasses
Perfectionist	Self-Critical	FREE	Catastrophising	Judgments
Memories	Perfectionist	Memories	Judgments	Mind Reading
Feelings	Catastrophising	Mountains & Molehills	Self-Critical	Compare & Despair

B	I	N	G	O
Self-Critical	Black & White Thoughts	Negative Glasses	Compare & Despair	Mountains & Molehills
Feelings	Self-Critical	Mind Reading	Catastrophising	Negative Glasses
Memories	Catastrophising	FREE	Judgments	Black & White Thoughts
Judgments	Mountains & Molehills	Predictions	Compare & Despair	Perfectionist
Memories	Mind Reading	Perfectionist	Predictions	Feelings

B	I	N	G	O
Catastrophising	Mountains & Molehills	Black & White Thoughts	Mind Reading	Catastrophising
Predictions	Memories	Memories	Predictions	Mind Reading
Perfectionist	Compare & Despair	FREE	Perfectionist	Judgments
Self-Critical	Negative Glasses	Negative Glasses	Self-Critical	Feelings
Judgments	Black & White Thoughts	Mountains & Molehills	Compare & Despair	Feelings