B	I	N	G	O
Views Self as a Good Person	Actor vs Observer	Irrational Thoughts	Should attitude	NEGATIVE prediction of the future
Expect others to change for your needs	Victim Stance	Relapse Thinking	Addictive Thinking	Unrealistic Expectations
jumping to conclusions	Anger as Control	Power Thrust	Lack of Time Perspective	Criminal Thinking
Maximizing	Staff splitting	Minimizing	Self Pity Stance	Superman syndrome
Lack of Empathy for Others	Lack of Effort	Overly concerns with what is FAIR	Closed Thinking	personalization

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B	I	N	G	O
personalization	Expect others to change for your needs	jumping to conclusions	Anger as Control	Should attitude
Relapse Thinking	Fear of Fear	Addictive Thinking	Views Self as a Good Person	NEGATIVE prediction of the future
Criminal Thinking	Maximizing	Irrational Thoughts	Power Thrust	Lack of Time Perspective
Actor vs Observer	Lack of Effort	Self Pity Stance	Victim Stance	Superman syndrome
Minimizing	Closed Thinking	Overly concerns with what is FAIR	Unrealistic Expectations	Lack of Empathy for Others

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B	I	N	G	O
jumping to conclusions	Fear of Fear	Should attitude	Staff splitting	Unrealistic Expectations
personalization	NEGATIVE prediction of the future	Anger as Control	Self Pity Stance	Addictive Thinking
Maximizing	Irrational Thoughts	Lack of Time Perspective	Overly concerns with what is FAIR	Criminal Thinking
Actor vs Observer	Views Self as a Good Person	Victim Stance	Power Thrust	Minimizing
Superman syndrome	Lack of Effort	Closed Thinking	Relapse Thinking	Expect others to change for your needs

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