

B	I	N	G	O
Personalization	"Everyone can tell that I'm a loser"	All-or-nothing thinking	Magnification	Disqualifying the positive
"sure i passed but it was luck"	Overgeneralization	Emotions	"I should be able to do this w/o help"	Jumping to conclusions
Minimization	Reframing	FREE	"If I lose this game Im a failure"	Catastrophizing
Cognitive restructuring	Mind Reading	Consequences	Behaviors	Emotional Reasoning
Automatic negative thoughts	"Should" statements	Fortune Telling	Thoughts	"this mistake will ruin everything"

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Reframing	"I should be able to do this w/o help"	Magnification	"sure i passed but it was luck"	Emotions
All-or-nothing thinking	Thoughts	Disqualifying the positive	"Should" statements	Jumping to conclusions
Cognitive restructuring	"If I lose this game Im a failure"	FREE	Catastrophizing	"Everyone can tell that I'm a loser"
Behaviors	Fortune Telling	Personalization	"this mistake will ruin everything"	Mind Reading
Consequences	Emotional Reasoning	Minimization	Overgeneralization	Automatic negative thoughts

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"Should" statements	Fortune Telling	"I should be able to do this w/o help"	Emotional Reasoning	"If I lose this game I'm a failure"
Personalization	Cognitive restructuring	Consequences	Overgeneralization	Disqualifying the positive
Minimization	"this mistake will ruin everything"	FREE	Mind Reading	Behaviors
Reframing	Jumping to conclusions	Magnification	Thoughts	All-or-nothing thinking
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