

B	I	N	G	O
Perfectionistic	Black & White Thoughts	FREE	Mind Reading	Labelling
Compare & Despair	Negative Predictions	Memories	Black & White Thoughts	Mental Filter (Discounting The Positive)
Negative Predictions	Perfectionistic	FREE	Catastrophizing	Jumping to Conclusions
Jumping to Conclusions	Mind Reading	Labelling	Feelings	Memories
Feelings	Catastrophizing	Mental Filter (Discounting The Positive)	Self-Critical	Compare & Despair

B	I	N	G	O
Perfectionistic	Black & White Thoughts	Mind Reading	Compare & Despair	Memories
FREE	Self-Critical	Labelling	Catastrophizing	Mental Filter (Discounting The Positive)
Jumping to Conclusions	Catastrophizing	FREE	Jumping to Conclusions	Black & White Thoughts
Feelings	Mental Filter (Discounting The Positive)	Perfectionistic	Compare & Despair	Mind Reading
Labelling	Memories	Negative Predictions	Negative Predictions	Feelings

B	I	N	G	O
Catastrophizing	Mental Filter (Discounting The Positive)	Black & White Thoughts	Memories	Catastrophizing
Perfectionistic	Jumping to Conclusions	Labelling	Negative Predictions	Labelling
Negative Predictions	Compare & Despair	FREE	Mind Reading	Feelings
Perfectionistic	Mental Filter (Discounting The Positive)	Mind Reading	Self-Critical	FREE
Jumping to Conclusions	Black & White Thoughts	Memories	Compare & Despair	Feelings