

B	I	N	G	O
takes to make friends."	"It's terrible that I made a mistake. I should always do my best."	Automatic negative thoughts	Minimization	Give an example of Jumping to conclusions
Activating Event	Reframing	Give an example of catastrophizing	"Everyone can tell that I'm a loser"	Magnification
Personalization	"Because I felt uncomfortable at the party I don't have what it	FREE	"I should never make mistakes."	Disqualifying the positive
Emotions	One way to test your thinking	Fortune Telling	Cognitive restructuring	Give an example of Mind Reading
Cognitive distortions	"Should" statements	Magical Thinking	"I know I do a lot of things okay at work but I still feel like I'm a failure."	All-or-nothing thinking

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