

B	I	N	G	O
Personalization	"Should" statements	Empathy	Minimization	Jumping to negative conclusions
Control Fallacies	People Pleasing	Magnifying	All-or-nothing thinking	Mind Reading
Overgeneralization	Self Put-Downs	FREE	Catastrophizing	Filtering the positive
Fortune Telling	Mistaking Facts for Feelings	Heaven's Reward Fallacy	Fallacy of Fairness	Magnification
Fallacy of Change	Cognitive Distortion	Micah	Sonder	Converting Positives into Negatives

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Self Put-Downs	All-or-nothing thinking	Minimization	Control Fallacies	Magnifying
Empathy	Sonder	Jumping to negative conclusions	Cognitive Distortion	Mind Reading
Fortune Telling	Catastrophizing	FREE	Filtering the positive	"Should" statement s
Fallacy of Fairness	Micah	Personalization	Converting Positives into Negatives	Mistaking Facts for Feelings
Heaven's Reward Fallacy	Magnification	Overgeneralization	People Pleasing	Fallacy of Change

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Cognitive Distortion	Micah	All-or-nothing thinking	Magnification	Catastrophizing
Personalization	Fortune Telling	Heaven's Reward Fallacy	People Pleasing	Jumping to negative conclusions
Overgeneralization	Converting Positives into Negatives	FREE	Mistaking Facts for Feelings	Fallacy of Fairness
Self Put-Downs	Mind Reading	Minimization	Sonder	Empathy
Filtering the positive	"Should" statements	Magnifying	Control Fallacies	Fallacy of Change