

B	I	N	G	O
Personalization	"Should" Statements	Emotional Reasoning	Mind Reading	Jumping to Conclusions
Disqualifying Positives	Overgeneralization	Magical Thinking	All or Nothing Thinking	Mental Filter
Overgeneralization	Personalization	FREE	Catastrophizing	Fortune Telling
Hypocrisy	Minimization	Jumping to Conclusions	Focusing on the negative	Labeling
Emotional Reasoning	Catastrophizing	Magnification	Should Statements	Double-Standards

B	I	N	G	O
Personalization	All or Nothing Thinking	Mind Reading	Disqualifying Positives	Magical Thinking
Emotional Reasoning	Should Statements	Jumping to Conclusions	Catastrophizing	Mental Filter
Hypocrisy	Catastrophizing	FREE	Fortune Telling	"Should" Statements
Focusing on the negative	Magnification	Personalization	Double-Standards	Minimization
Jumping to Conclusions	Labeling	Overgeneralization	Overgeneralization	Emotional Reasoning

B	I	N	G	O
Catastrophizing	Magnification	All or Nothing Thinking	Labeling	Catastrophizing
Personalization	Hypocrisy	Jumping to Conclusions	Overgeneralization	Jumping to Conclusions
Overgeneralization	Double-Standards	FREE	Minimization	Focusing on the negative
Personalization	Mental Filter	Mind Reading	Should Statements	Emotional Reasoning
Fortune Telling	"Should" Statements	Magical Thinking	Disqualifying Positives	Emotional Reasoning