B	I	N	G	O
Should Statements	All or Nothing	Double-Standard Technique	Personalization or Blame	Magnifying negatives
Cognitive distortion	Regret	Mind Reading	Attitude Cost-Benefit Analysis	Overgeneralization
Reframe	Unfair comparison	**FREE**	Black and white thinking	Judgment
Jumping to Conclusions	Rationalize	Labeling	Examine the Evidence	Mental Filter
Emotional Reasoning	Catastrophizing	Minimization of Positives	What If	Disqualifying Positives

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B	I	N	G	O
Unfair comparison	Attitude Cost-Benefit Analysis	Personalization or Blame	Cognitive distortion	Mind Reading
Double-Standard Technique	What If	Magnifying negatives	Catastrophizing	Overgeneralization
Jumping to Conclusions	Black and white thinking	**FREE**	Judgment	All or Nothing
Examine the Evidence	Minimization of Positives	Should Statements	Disqualifying Positives	Rationalize
Labeling	Mental Filter	Reframe	Regret	Emotional Reasoning

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B	I	N	G	O
Catastrophizing	Minimization of Positives	Attitude Cost-Benefit Analysis	Mental Filter	Black and white thinking
Should Statements	Jumping to Conclusions	Labeling	Regret	Magnifying negatives
Reframe	Disqualifying Positives	**FREE**	Rationalize	Examine the Evidence
Unfair comparison	Overgeneralization	Personalization or Blame	What If	Double-Standard Technique
Judgment	All or Nothing	Mind Reading	Cognitive distortion	Emotional Reasoning

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