

B	I	N	G	O
all or nothing thinking	Addictive Thinking	Lack of Effort	Shouldy attitude	Overly concerns with what is FAIR
Expect others to change for your needs	Views Self as a Good Person	Relapse Thinking	Anger as Control	Victim Stance
jumping to conclusions	Closed Thinking	Maximizing	Minimizing	Unrealistic Expectations
NEGATIVE prediction of the future	Self Pity Stance	Lack of Empathy for Others	Power Thrust	Criminal Thinking
Superman syndrome	Fear of Fear	personalization	Irrational Thoughts	Lack of Time Perspective

B	I	N	G	O
jumping to conclusions	Closed Thinking	Victim Stance	Anger as Control	Criminal Thinking
Irrational Thoughts	Unrealistic Expectations	Maximizing	Overly concerns with what is FAIR	Self Pity Stance
Expect others to change for your needs	Lack of Effort	Relapse Thinking	Power Thrust	all or nothing thinking
NEGATIVE prediction of the future	Fear of Fear	Views Self as a Good Person	Lack of Empathy for Others	Shouldy attitude
Superman syndrome	personalization	Lack of Time Perspective	Addictive Thinking	Minimizing

B	I	N	G	O
Unrealistic Expectations	Power Thrust	Fear of Fear	Irrational Thoughts	Lack of Empathy for Others
Criminal Thinking	Lack of Time Perspective	Expect others to change for your needs	Maximizing	all or nothing thinking
NEGATIVE prediction of the future	Superman syndrome	Relapse Thinking	Closed Thinking	Views Self as a Good Person
jumping to conclusions	Self Pity Stance	personalization	Anger as Control	Addictive Thinking
Minimizing	Victim Stance	Shouldy attitude	Lack of Effort	Overly concerns with what is FAIR