

|                                                 |                                  |                        |                                            |                                            |
|-------------------------------------------------|----------------------------------|------------------------|--------------------------------------------|--------------------------------------------|
| <b>B</b>                                        | <b>I</b>                         | <b>N</b>               | <b>G</b>                                   | <b>O</b>                                   |
| Views<br>Self as a<br>Good<br>Person            | Actor vs<br>Observer             | Irrational<br>Thoughts | Should<br>attitude                         | NEGATIVE<br>prediction<br>of the<br>future |
| Expect<br>others to<br>change for<br>your needs | Victim<br>Stance                 | Relapse<br>Thinking    | Addictive<br>Thinking                      | Unrealistic<br>Expectations                |
| jumping to<br>conclusions                       | Anger<br>as<br>Control           | <b>FREE</b>            | Power<br>Thrust                            | Lack of<br>Time<br>Perspective             |
| Criminal<br>Thinking                            | Maximizing                       | Staff<br>splitting     | Minimizing                                 | Self Pity<br>Stance                        |
| Superman<br>syndrome                            | Lack of<br>Empathy<br>for Others | Lack of<br>Effort      | Overly<br>concerns<br>with what<br>is FAIR | Closed<br>Thinking                         |

| <b>B</b>               | <b>I</b>                          | <b>N</b>          | <b>G</b>                          | <b>O</b>                               |
|------------------------|-----------------------------------|-------------------|-----------------------------------|----------------------------------------|
| Power Thrust           | NEGATIVE prediction of the future | Anger as Control  | Unrealistic Expectations          | Closed Thinking                        |
| Staff splitting        | Lack of Time Perspective          | Maximizing        | Victim Stance                     | Addictive Thinking                     |
| jumping to conclusions | Should attitude                   | <b>FREE</b>       | Overly concerns with what is FAIR | Expect others to change for your needs |
| Irrational Thoughts    | Relapse Thinking                  | Superman syndrome | Criminal Thinking                 | Self Pity Stance                       |
| Actor vs Observer      | Views Self as a Good Person       | personalization   | Fear of Fear                      | Lack of Effort                         |

|                          |                                        |                     |                          |                             |
|--------------------------|----------------------------------------|---------------------|--------------------------|-----------------------------|
| <b>B</b>                 | <b>I</b>                               | <b>N</b>            | <b>G</b>                 | <b>O</b>                    |
| Power Thrust             | Expect others to change for your needs | Self Pity Stance    | Fear of Fear             | Addictive Thinking          |
| Actor vs Observer        | personalization                        | Irrational Thoughts | jumping to conclusions   | Criminal Thinking           |
| Victim Stance            | Superman syndrome                      | <b>FREE</b>         | Minimizing               | Should attitude             |
| Closed Thinking          | Overly concerns with what is FAIR      | Maximizing          | Lack of Time Perspective | Anger as Control            |
| Unrealistic Expectations | NEGATIVE prediction of the future      | Lack of Effort      | Relapse Thinking         | Views Self as a Good Person |