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

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B	I	N	G	O
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	**FREE**	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

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B	I	N	G	O
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	**FREE**	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

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