

B	I	N	G	O
Mind Reading	"I feel guilty so I must have done something wrong."	"If only I did everything they asked of me we wouldn't have broken up."	Emotional Reasoning	'Should' Statements
"If I had a million dollars I'd be happy."	Magical Thinking	Blame	"I made a bad grade because the teacher is terrible."	Disqualifying the Positive
Labeling	Overgeneralizing	FREE	"I'm such an idiot."	"She didnt text me back. She must be upset with me."
"They should've known I'd react this way."	Fortune Telling	"They were just being polite. They didn't actually think my singing sounded good."	"Nobody likes me"	All or Nothing
"My parents will never let me go there's no point in asking."	"If I don't pass this test I'm a failure"	Catastrophic Thinking	Personalization	"If I mess up my presentation in front of class I'll be embarrassed and can never show my face at school again."

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