

B	I	N	G	O
Overgeneralizing	"He's a jerk"	"If only I did everything they asked of me we wouldn't have broken up."	Emotional Reasoning	"They'll think I'm stupid if I get the question wrong."
"If I don't win that means I'm a loser."	Mind Reading	Blame	"I feel guilty so I must have done something wrong."	Disqualifying the Positive
Magical Thinking	"I made a bad grade because the teacher is terrible."	FREE	All or Nothing	"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."	Catastrophic Thinking	Labeling
"Nobody likes me"	"My parents will never let me go there's no point in asking."	'Should' Statements	"I'm such an idiot."	"If I don't pass this test I'm a failure"

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All or Nothing	"They'll think I'm stupid if I get the question wrong."	"I made a bad grade because the teacher is terrible."	Magical Thinking	"I'm such an idiot."
Emotional Reasoning	"She didnt text me back. She must be upset with me."	"They should've known I'd react this way."	Mind Reading	"I feel guilty so I must have done something wrong."
Personalization	'Should' Statements	FREE	"If I don't win that means I'm a loser."	"If only I did everything they asked of me we wouldn't have broken up."
Catastrophic Thinking	Disqualifying the Positive	Blame	Fortune Telling	"If I don't pass this test I'm a failure"
"He's a jerk"	Overgeneralizing	"If I'm mad it means someone did something hurtful to me."	"If I mess up my presentation in front of class I'll be embarrassed and can never show my face at school again."	"My parents will never let me go there's no point in asking."

B	I	N	G	O
All or Nothing	"If I don't win that means I'm a loser."	Catastrophic Thinking	"If I mess up my presentation in front of class I'll be embarrassed and can never show my face at school again."	"I feel guilty so I must have done something wrong."
"He's a jerk"	"If I'm mad it means someone did something hurtful to me."	Personalization	"If I don't pass this test I'm a failure"	Mind Reading
"If I had a million dollars I'd be happy."	Fortune Telling	FREE	"They were just being polite. They didn't actually think my singing sounded good."	Disqualifying the Positive
'Should' Statements	"They should've known I'd react this way."	"She didnt text me back. She must be upset with me."	"I made a bad grade because the teacher is terrible."	Labeling
"I'm such an idiot."	Magical Thinking	"They'll think I'm stupid if I get the question wrong."	"If only I did everything they asked of me we wouldn't have broken up."	Blame