

B	I	N	G	O
Should Statements	All or Nothing	Emotional Reasoning	Owning the Truth	Labeling
Control Fallacy	Reframe	Minimization of Positives	Black and white thinking	Overgeneralization
Rationalize	Unfair comparison	FREE	Catastrophizing	Fortune Telling
Judgment	Personalization or Blame	Jumping to Conclusions	Fairness Fallacy	Mind Reading
Examine the Evidence	Cognitive Distorion	Negative Focus	What If	Core Beliefs

B	I	N	G	O
Unfair comparison	Black and white thinking	Owning the Truth	Control Fallacy	Minimization of Positives
Emotional Reasoning	What If	Labeling	Cognitive Distorion	Overgeneralization
Judgment	Catastrophizing	FREE	Fortune Telling	All or Nothing
Fairness Fallacy	Negative Focus	Should Statements	Core Beliefs	Personalization or Blame
Jumping to Conclusions	Mind Reading	Rationalize	Reframe	Examine the Evidence

B	I	N	G	O
Cognitive Distorion	Negative Focus	Black and white thinking	Mind Reading	Catastrophizing
Should Statements	Judgment	Jumping to Conclusions	Reframe	Labeling
Rationalize	Core Beliefs	FREE	Personalization or Blame	Fairness Fallacy
Unfair comparison	Overgeneralization	Owning the Truth	What If	Emotional Reasoning
Fortune Telling	All or Nothing	Minimization of Positives	Control Fallacy	Examine the Evidence