B	I	N	G	O
Minimization	"Shoulding" & Musting	Emotional reasoning	Mental Filter	Labelling
Catastrophizing	Minimization	Magnification	"Shoulding" & Musting	Magnification
Minimization	Overgeneralization	**FREE**	All-or-nothing thinking	Jumping to conclusion
Jumping to conclusion	Mental Filter	Labelling	Emotional reasoning	Labelling
Emotional reasoning	All-or-nothing thinking	Magnification	Overgeneralization	Catastrophizing

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B	I	N	G	O
Overgeneralization	"Shoulding" & Musting	Mental Filter	Catastrophizing	Magnification
Emotional reasoning	Overgeneralization	Labelling	All-or-nothing thinking	Magnification
Jumping to conclusion	All-or-nothing thinking	**FREE**	Jumping to conclusion	"Shoulding" & Musting
Emotional reasoning	Magnification	Minimization	Catastrophizing	Mental Filter
Labelling	Labelling	Minimization	Minimization	Emotional reasoning

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B	I	N	G	O
All-or-nothing thinking	Magnification	"Shoulding" & Musting	Labelling	All-or-nothing thinking
Minimization	Jumping to conclusion	Labelling	Minimization	Labelling
Minimization	Catastrophizing	**FREE**	Mental Filter	Emotional reasoning
Overgeneralization	Magnification	Mental Filter	Overgeneralization	Emotional reasoning
Jumping to conclusion	"Shoulding" & Musting	Magnification	Catastrophizing	Emotional reasoning

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