

B	I	N	G	O
Should Statements	All-or-Nothing Thinking	Concrete Thinking	Minimization	Jumping to Conclusions
Catastrophizing	Personalization	Magnification	Assuming the Worst	Mind Reading
Overgeneralization	Tunnel Vision	FREE	Black and White Thinking	Examine the Evidence
Filtering	Must Statements	Fortune Telling	Emotional Reasoning	Labeling
Discounting the Positives	Blaming	Mental Filter	What if?	Comparison

B	I	N	G	O
Tunnel Vision	Assuming the Worst	Minimization	Catastrophizing	Magnification
Concrete Thinking	What if?	Jumping to Conclusions	Blaming	Mind Reading
Filtering	Black and White Thinking	FREE	Examine the Evidence	All-or-Nothing Thinking
Emotional Reasoning	Mental Filter	Should Statements	Comparison	Must Statements
Fortune Telling	Labeling	Overgeneralization	Personalization	Discounting the Positives

B	I	N	G	O
Blaming	Mental Filter	Assuming the Worst	Labeling	Black and White Thinking
Should Statements	Filtering	Fortune Telling	Personalization	Jumping to Conclusions
Overgeneralization	Comparison	FREE	Must Statements	Emotional Reasoning
Tunnel Vision	Mind Reading	Minimization	What if?	Concrete Thinking
Examine the Evidence	All-or-Nothing Thinking	Magnification	Catastrophizing	Discounting the Positives