

B	I	N	G	O
"Ten people said the meeting went well but one person looked bored so it was awful."	all or nothing thinking	labeling and mislabeling	"I messed up this presentation so I'm terrible at my job."	personalization
emotional reasoning	"I'm a failure."	"Anyone could have done what I did-it doesn't count."	all or nothing thinking	"I made one mistake in the report-this is a huge disaster."
"If I don't do this perfectly I've completely failed."	"The meeting was awkward-it must be my fault."	FREE	disqualifying the positive	minimization
overgeneralization	"I should always be able to handle things on my own."	overgeneralization	mental filter	should statements
mental filter	disqualifying the positive	"I feel guilty so I must have done something wrong."	"They didn't reply to my text so they must be upset with me."	jumping to conclusions magnification

B	I	N	G	O
"The meeting was awkward-it must be my fault."	all or nothing thinking	"I messed up this presentation so I'm terrible at my job."	emotional reasoning	"Anyone could have done what I did-it doesn't count."
labeling and mislabeling	"They didn't reply to my text so they must be upset with me."	personalization	disqualifying the positive	"I made one mistake in the report-this is a huge disaster."
overgeneralization	disqualifying the positive	FREE	minimization	all or nothing thinking
mental filter	"I feel guilty so I must have done something wrong."	"Ten people said the meeting went well but one person looked bored so it was awful."	jumping to conclusions magnification	"I should always be able to handle things on my own."
overgeneralization	should statements	"If I don't do this perfectly I've completely failed."	"I'm a failure."	mental filter

B	I	N	G	O
disqualifying the positive	"I feel guilty so I must have done something wrong."	all or nothing thinking	should statements	disqualifying the positive
"Ten people said the meeting went well but one person looked bored so it was awful."	overgeneralization	overgeneralization	"I'm a failure."	personalization
"If I don't do this perfectly I've completely failed."	jumping to conclusions magnification	FREE	"I should always be able to handle things on my own."	mental filter
"The meeting was awkward-it must be my fault."	"I made one mistake in the report-this is a huge disaster."	"I messed up this presentation so I'm terrible at my job."	"They didn't reply to my text so they must be upset with me."	labeling and mislabeling
minimization	all or nothing thinking	"Anyone could have done what I did-it doesn't count."	emotional reasoning	mental filter