

B	I	N	G	O
"Always/Never"	Another Explanation	All-or-Nothing	Calm Down	Pause
Inner Critic	Black-and-White	Try Again	Mind Reading	Ask for Help
Thought	"I Can Try"	FREE	Assumption	Coping Skill
Trigger	Feeling	Self-Talk	Fortune Telling	One Small Step
Overgeneralizing	Choice	Check the Facts	Jumping to Conclusions	Catastrophizing

B	I	N	G	O
Balanced Thought	Behavior	Labeling	Inner Critic	Gray Area
Assumption	Trigger	Personalizing	Coping Skill	Evidence
Try Again	Ask for Help	FREE	"I Can Try"	Another Explanation
Mind Reading	Pause	Jumping to Conclusions	Feeling	Blaming
Calm Down	One Small Step	Overgeneralizing	Negative Filter	Story I'm Telling Myself

B	I	N	G	O
Balanced Thought	Big Deal / Small Deal (Magnifying/Minimizing)	One Small Step	Inner Critic	Black-and-White
Overgeneralizing	Jumping to Conclusions	Another Explanation	Coping Skill	All-or-Nothing
Gray Area	Labeling	FREE	"Always/Never"	Behavior
"Should"	"Not Yet"	Blaming	Assumption	Personalizing
Mind Reading	Breath	"I Can Try"	Ask for Help	Pause