B	I	N	G	O
Should Statements	All or Nothing	Emotional Reasoning	Personalization or Blame	Mind Reading
Disqualifying the positive	Regret	Minimization	Catastrophizing	Overgeneralize
Reframe	Unfair comparison	**FREE**	Cognitive distortion	Jumping to Conclusions
Labeling	Rationalize	Mental Filter	Judgment	Minimization
Examine the Evidence	Disqualifying Positives	Negative Thoughts	What If	Double-Standard Technique

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B	I	N	G	O
Unfair comparison	Catastrophizing	Personalization or Blame	Disqualifying the positive	Minimization
Emotional Reasoning	What If	Mind Reading	Disqualifying Positives	Overgeneralize
Labeling	Cognitive distortion	**FREE**	Jumping to Conclusions	All or Nothing
Judgment	Negative Thoughts	Should Statements	Double-Standard Technique	Rationalize
Mental Filter	Minimization	Reframe	Regret	Examine the Evidence

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B	I	N	G	O
Disqualifying Positives	Negative Thoughts	Catastrophizing	Minimization	Cognitive distortion
Should Statements	Labeling	Mental Filter	Regret	Mind Reading
Reframe	Double-Standard Technique	**FREE**	Rationalize	Judgment
Unfair comparison	Overgeneralize	Personalization or Blame	What If	Emotional Reasoning
Jumping to Conclusions	All or Nothing	Minimization	Disqualifying the positive	Examine the Evidence

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