

Shoulding and Musting	All or Nothing	Emotional Reasoning	Overgeneralisation	Magnification and Minimisation
Catastrophising	Personalisation	Mental Filter	All or Nothing	Personalisation
Shoulding and Musting	All or Nothing	Labelling	Labelling	Personalisation
Labelling	Mental Filter	Jumping to Conclusions	Magnification and Minimisation	Catastrophising
Overgeneralisation	Catastrophising	Shoulding and Musting	Emotional Reasoning	Jumping to Conclusions

Shoulding and Musting	All or Nothing	Personalisation	All or Nothing	Catastrophising
Emotional Reasoning	Personalisation	Labelling	Magnification and Minimisation	Mental Filter
Catastrophising	Emotional Reasoning	Mental Filter	Magnification and Minimisation	Shoulding and Musting
Labelling	Catastrophising	Personalisation	Jumping to Conclusions	Overgeneralisation
Overgeneralisation	Shoulding and Musting	Jumping to Conclusions	All or Nothing	Labelling

Personalisation	Magnification and Minimisation	Catastrophising	Emotional Reasoning	Jumping to Conclusions
Catastrophising	Jumping to Conclusions	Catastrophising	Labelling	Shoulding and Musting
Labelling	Overgeneralisation	Mental Filter	All or Nothing	Personalisation
Shoulding and Musting	Mental Filter	Shoulding and Musting	All or Nothing	All or Nothing
Labelling	Personalisation	Overgeneralisation	Emotional Reasoning	Magnification and Minimisation