B	I	N	G	O
Reframing	"Everyone can tell that I'm a loser"	Catastrophizing	Mind Reading	Feelings
Automatic negative thoughts	Personalization	Jumping to conclusions	"Should" statements	Magnification
Overgeneralization	Sammi is cool	**FREE**	Activating Event	Disqualifying the positive
Emotional Reasoning	Minimization	Emotions	Consequences	Fortune Telling
Cognitive restructuring	All-or-nothing thinking	Magical Thinking	Thoughts	Behaviors

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B	I	N	G	O
Sammi is cool	"Should" statements	Mind Reading	Automatic negative thoughts	Jumping to conclusions
Catastrophizing	Thoughts	Feelings	All-or-nothing thinking	Magnification
Emotional Reasoning	Activating Event	**FREE**	Disqualifying the positive	"Everyone can tell that I'm a loser"
Consequences	Magical Thinking	Reframing	Behaviors	Minimization
Emotions	Fortune Telling	Overgeneralization	Personalization	Cognitive restructuring

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B	I	N	G	O
All-or-nothing thinking	Magical Thinking	"Should" statements	Fortune Telling	Activating Event
Reframing	Emotional Reasoning	Emotions	Personalization	Feelings
Overgeneralization	Behaviors	**FREE**	Minimization	Consequences
Sammi is cool	Magnification	Mind Reading	Thoughts	Catastrophizing
Disqualifying the positive	"Everyone can tell that I'm a loser"	Jumping to conclusions	Automatic negative thoughts	Cognitive restructuring

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