

B	I	N	G	O
Self-care	5-4-3-2-1 technique	Coping skills	Physical responses	Mental filtering
Cognitive Behavioral Therapy	SMART Goals	Minimization	All or Nothing	Personalization
Reframing	Should Statements	FREE	CBT triangle	Examine the Evidence
Labeling	Rationalize	Magnification	Emotional Reasoning	Mind Reading
Double-standard	Catastrophizing	Overgeneralization	Support system	Cognitive distortion

B	I	N	G	O
Should Statements	All or Nothing	Physical responses	Cognitive Behavioral Therapy	Minimization
Coping skills	Support system	Mental filtering	Catastrophizing	Personalization
Labeling	CBT triangle	FREE	Examine the Evidence	5-4-3-2-1 technique
Emotional Reasoning	Overgeneralization	Self-care	Cognitive distortion	Rationalize
Magnification	Mind Reading	Reframing	SMART Goals	Double-standard

B	I	N	G	O
Catastrophizing	Overgeneralization	All or Nothing	Mind Reading	CBT triangle
Self-care	Labeling	Magnification	SMART Goals	Mental filtering
Reframing	Cognitive distortion	FREE	Rationalize	Emotional Reasoning
Should Statements	Personalization	Physical responses	Support system	Coping skills
Examine the Evidence	5-4-3-2-1 technique	Minimization	Cognitive Behavioral Therapy	Double-standard