B	I	N	G	O
rationalizing	Blaming other	denial	negative focus	intellectualization
avoidance	projection	labeling	Blaming the victim	minimizing
personalizing	shifting the focus	**FREE**	all or nothing thinking	fortune telling
hopelessness	overgeneralizing	in-group bias	entitled	justification
discounting the positives	anjelic thinking	magnifying	victim stance	catastrophizing

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B	I	N	G	O
shifting the focus	Blaming the victim	negative focus	avoidance	labeling
denial	victim stance	intellectualization	anjelic thinking	minimizing
hopelessness	all or nothing thinking	**FREE**	fortune telling	Blaming other
entitled	magnifying	rationalizing	catastrophizing	overgeneralizing
in-group bias	justification	personalizing	projection	discounting the positives

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B	I	N	G	O
anjelic thinking	magnifying	Blaming the victim	justification	all or nothing thinking
rationalizing	hopelessness	in-group bias	projection	intellectualization
personalizing	catastrophizing	**FREE**	overgeneralizing	entitled
shifting the focus	minimizing	negative focus	victim stance	denial
fortune telling	Blaming other	labeling	avoidance	discounting the positives

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