

B	I	N	G	O
rationalizing	Blaming others	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

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 others
entitled	magnifying	rationalizing	catastrophizing	overgeneralizing
in-group bias	justification	personalizing	projection	discounting the positives

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 others	labeling	avoidance	discounting the positives