

B	I	N	G	O
Type 1 thinking errors	Avoidance	Angelic thinking	Entitled	Personalization
Life is too hard	Denial	Shifting the focus	One upmanship	Black and white thinking
Over-Generalization	Rationalization	FREE	Type 2 thinking errors	Blaming others
Negative focus	Intellectualization	Revenge	Justification	Projection
Labeling	Oughts shoulds musts	Hopelessness	Grandiose	Minimization

B	I	N	G	O
Justification	Fortune telling	Blaming others	Blaming the victim	Negative focus
Mind reading	Life is too hard	Black and white thinking	Revenge	Personalization
Innocence/ Playing dumb	Intellectualization	FREE	Shifting the focus	Type 2 thinking errors
Avoidance	Minimization	Denial	Oughts shoulds musts	Type 3 thinking errors
Personalization/ Paranoia	Over-Generalization	One upmanship	Projection	Catastrophic thinking

B	I	N	G	O
Oughts shoulds musts	Mind reading	Denial	Over-Generalization	Minimization
Avoidance	Innocence/ Playing dumb	Angelic thinking	Life is too hard	Type 1 thinking errors
Blaming the victim	Victim stance	FREE	Type 3 thinking errors	Dismissal
Black and white thinking	Personalization	Negative focus	Emotional misreasoning	Type 2 thinking errors
Catastrophic thinking	Justification	Entitled	Blaming others	Grandiose