B	I	N	G	O
scientific research	Aaron Beck	blaming	jumping to conclusions	emotional reasoning
behavioral response	relaxed breathing	filtering	Cognitive Behavioral Therapy	journaling
psychoanalysis	structured	**FREE**	Psychiatrist	cognitive distortions
cognitive restructuring	personalization	commitment	change behavior/thoughts/feelings	exposure therapy
catastrophizing	always being right	hands-on approach	triggering event	black and white thinking

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B	I	N	G	O
structured	Cognitive Behavioral Therapy	jumping to conclusions	behavioral response	filtering
blaming	triggering event	emotional reasoning	always being right	journaling
cognitive restructuring	Psychiatrist	**FREE**	cognitive distortions	Aaron Beck
change behavior/thoughts/feelings	hands-on approach	scientific research	black and white thinking	personalization
commitment	exposure therapy	psychoanalysis	relaxed breathing	catastrophizing

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B	I	N	G	O
always being right	hands-on approach	Cognitive Behavioral Therapy	exposure therapy	Psychiatrist
scientific research	cognitive restructuring	commitment	relaxed breathing	emotional reasoning
psychoanalysis	black and white thinking	**FREE**	personalization	change behavior/thoughts/feelings
structured	journaling	jumping to conclusions	triggering event	blaming
cognitive distortions	Aaron Beck	filtering	behavioral response	catastrophizing

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