

|                              |                         |                              |                          |                                     |
|------------------------------|-------------------------|------------------------------|--------------------------|-------------------------------------|
| <b>B</b>                     | <b>I</b>                | <b>N</b>                     | <b>G</b>                 | <b>O</b>                            |
| Should/Must Statement        | All or Nothing Thinking | Check the facts              | Personalization          | Jumping to conclusions              |
| Catastrophizing              | Should Statements       | Negative Automatic Thought   | Balanced belief          | Overgeneralization                  |
| Self-Love                    | Thought Record          | <b>FREE</b>                  | Black and White Thinking | Decatastrophizing                   |
| Disqualifying the Positives  | Positive Reframing      | Distract<br>Relax<br>Release | Cognitive Distortion     | Mental Filter                       |
| Cognitive Behavioral Therapy | CBT                     | Negative Core Belief         | Thought Stopping         | Challenge negative thoughts/beliefs |

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|-----------------------------|--------------------------|------------------------|-------------------------------------|------------------------------|
| <b>B</b>                    | <b>I</b>                 | <b>N</b>               | <b>G</b>                            | <b>O</b>                     |
| Thought Record              | Balanced belief          | Personalization        | Catastrophizing                     | Negative Automatic Thought   |
| Check the facts             | Thought Stopping         | Jumping to conclusions | CBT                                 | Overgeneralization           |
| Disqualifying the Positives | Black and White Thinking | <b>FREE</b>            | Decatastrophizing                   | All or Nothing Thinking      |
| Cognitive Distortion        | Negative Core Belief     | Should/Must Statement  | Challenge negative thoughts/beliefs | Positive Reframing           |
| Distract Relax Release      | Mental Filter            | Self-Love              | Should Statements                   | Cognitive Behavioral Therapy |

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|--------------------------|-------------------------------------------|----------------------------------|-----------------------|------------------------------------|
| <b>B</b>                 | <b>I</b>                                  | <b>N</b>                         | <b>G</b>              | <b>O</b>                           |
| CBT                      | Negative<br>Core<br>Belief                | Balanced<br>belief               | Mental<br>Filter      | Black and<br>White<br>Thinking     |
| Should/Must<br>Statement | Disqualifying<br>the Positives            | Distract<br>Relax<br>Release     | Should<br>Statements  | Jumping to<br>conclusions          |
| Self-Love                | Challenge<br>negative<br>thoughts/beliefs | <b>FREE</b>                      | Positive<br>Reframing | Cognitive<br>Distortion            |
| Thought<br>Record        | Overgeneralization                        | Personalization                  | Thought<br>Stopping   | Check<br>the facts                 |
| Decatastrophizing        | All or<br>Nothing<br>Thinking             | Negative<br>Automatic<br>Thought | Catastrophizing       | Cognitive<br>Behavioral<br>Therapy |