

B	I	N	G	O
Personalization	ACT	Black and White Thinking	Mental Filter	Cognitive Distortion
Balanced belief	Overgeneralization	Disqualifying the Positives	Aaron Beck	Jumping to conclusions
Negative Core Belief	Should/Must Statement	FREE	All or Nothing Thinking	Challenge negative thoughts/beliefs
Check the facts	Negative Automatic Thought	Cognitive Behavioral Therapy	Catastrophizing	Decatastrophizing
CBT	Alternative Thought	Feelings	Thought Record	Behaviors

B	I	N	G	O
Should/Must Statement	Aaron Beck	Mental Filter	Balanced belief	Disqualifying the Positives
Black and White Thinking	Thought Record	Cognitive Distortion	Alternative Thought	Jumping to conclusions
Check the facts	All or Nothing Thinking	FREE	Challenge negative thoughts/beliefs	ACT
Catastrophizing	Feelings	Personalization	Behaviors	Negative Automatic Thought
Cognitive Behavioral Therapy	Decatastrophizing	Negative Core Belief	Overgeneralization	CBT

B	I	N	G	O
Alternative Thought	Feelings	Aaron Beck	Decatastrophizing	All or Nothing Thinking
Personalization	Check the facts	Cognitive Behavioral Therapy	Overgeneralization	Cognitive Distortion
Negative Core Belief	Behaviors	FREE	Negative Automatic Thought	Catastrophizing
Should/Must Statement	Jumping to conclusions	Mental Filter	Thought Record	Black and White Thinking
Challenge negative thoughts/beliefs	ACT	Disqualifying the Positives	Balanced belief	CBT