B	I	N	G	O
Should Statements	All or Nothing	Disqualifying Positives	Overgeneralization	Magnification
Cognitive distortion	Rationalize	Mental Filter	Attitude Cost-Benefit Analysis	Minimization
Pleasure-Predicting Method	Straightforward Approach	**FREE**	Catastrophizing	Examine the Evidence
Jumping to Conclusions	Personalization or Blame	Labeling	Emotional Reasoning	Mental Filter
Double-Standard Technique	Cognitive Behavioral Therapy	Mind Reading	Survey Method	Discounting PositivesReframe

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B	I	N	G	O
Straightforward Approach	Attitude Cost-Benefit Analysis	Overgeneralization	Cognitive distortion	Mental Filter
Disqualifying Positives	Survey Method	Magnification	Cognitive Behavioral Therapy	Minimization
Jumping to Conclusions	Catastrophizing	**FREE**	Examine the Evidence	All or Nothing
Emotional Reasoning	Mind Reading	Should Statements	Discounting PositivesReframe	Personalization or Blame
Labeling	Mental Filter	Pleasure-Predicting Method	Rationalize	Double-Standard Technique

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B	I	N	G	O
Cognitive Behavioral Therapy	Mind Reading	Attitude Cost-Benefit Analysis	Mental Filter	Catastrophizing
Should Statements	Jumping to Conclusions	Labeling	Rationalize	Magnification
Pleasure-Predicting Method	Discounting PositivesReframe	**FREE**	Personalization or Blame	Emotional Reasoning
Straightforward Approach	Minimization	Overgeneralization	Survey Method	Disqualifying Positives
Examine the Evidence	All or Nothing	Mental Filter	Cognitive distortion	Double-Standard Technique

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