B	I	N	G	O
radical acceptance	"Should" Statements	Fortune telling	Step 3. Analyze your mood	Minimization
Disqualifying the positive	intense exercise	Personalization	All-or-nothing thinking	Step 2. Identify the situation
Step 5. Find objective supportive evidence	self-soothing	**FREE**	Catastrophizing	Magnification
Mind Reading	Step 4. Identify automatic thoughts	Mindfulness	Magical Thinking	Overgeneralization
Jumping to conclusions	Deep breathing	Step 1. Use skills	talk to a supportive person	Emotional reasoning

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B	I	N	G	O
self-soothing	All-or-nothing thinking	Step 3. Analyze your mood	Disqualifying the positive	Personalization
Fortune telling	talk to a supportive person	Minimization	Deep breathing	Step 2. Identify the situation
Mind Reading	Catastrophizing	**FREE**	Magnification	"Should" Statements
Magical Thinking	Step 1. Use skills	radical acceptance	Emotional reasoning	Step 4. Identify automatic thoughts
Mindfulness	Overgeneralization	Step 5. Find objective supportive evidence	intense exercise	Jumping to conclusions

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B	I	N	G	O
Deep breathing	Step 1. Use skills	All-or-nothing thinking	Overgeneralization	Catastrophizing
radical acceptance	Mind Reading	Mindfulness	intense exercise	Minimization
Step 5. Find objective supportive evidence	Emotional reasoning	**FREE**	Step 4. Identify automatic thoughts	Magical Thinking
self-soothing	Step 2. Identify the situation	Step 3. Analyze your mood	talk to a supportive person	Fortune telling
Magnification	"Should" Statements	Personalization	Disqualifying the positive	Jumping to conclusions

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