

B	I	N	G	O
Reframe	All or Nothing	Discounting Positives	Musts	Labeling
Cognitive Behavioral Therapy	Rationalize	Mental Filter	Behaviors	Minimization
Personalization or Blame	Should Statements	FREE	Catastrophizing	Emotions
Examine the Evidence	Overgeneralization	Jumping to Conclusions	Emotional Reasoning	Magnification
Disqualifying Positives	Challenge thoughts	Mind Reading	Thoughts	Cognitive distortion

B	I	N	G	O
Should Statements	Behaviors	Musts	Cognitive Behavioral Therapy	Mental Filter
Discounting Positives	Thoughts	Labeling	Challenge thoughts	Minimization
Examine the Evidence	Catastrophizing	FREE	Emotions	All or Nothing
Emotional Reasoning	Mind Reading	Reframe	Cognitive distortion	Overgeneralization
Jumping to Conclusions	Magnification	Personalization or Blame	Rationalize	Disqualifying Positives

B	I	N	G	O
Challenge thoughts	Mind Reading	Behaviors	Magnification	Catastrophizing
Reframe	Examine the Evidence	Jumping to Conclusions	Rationalize	Labeling
Personalization or Blame	Cognitive distortion	FREE	Overgeneralization	Emotional Reasoning
Should Statements	Minimization	Musts	Thoughts	Discounting Positives
Emotions	All or Nothing	Mental Filter	Cognitive Behavioral Therapy	Disqualifying Positives