

B	I	N	G	O
Thoughts	Actions	Feelings	Shark	Medium Reaction
Blaming	The Should	Overgeneralization	Big Problem	Red Zone
Small Reaction	Tiger	FREE	Big Reaction	ICE
Jumping to Conclusions	Small Problem	Medium Problem	Fish	Overreaction
Filtering	Bird	Rabbit	Yellow Zone	Blue Zone

B	I	N	G	O
Tiger	Big Problem	Shark	Blaming	Overgeneralization
Feelings	Yellow Zone	Medium Reaction	Bird	Red Zone
Jumping to Conclusions	Big Reaction	FREE	ICE	Actions
Fish	Rabbit	Thoughts	Blue Zone	Small Problem
Medium Problem	Overreaction	Small Reaction	The Should	Filtering

B	I	N	G	O
Bird	Rabbit	Big Problem	Overreaction	Big Reaction
Thoughts	Jumping to Conclusions	Medium Problem	The Should	Medium Reaction
Small Reaction	Blue Zone	FREE	Small Problem	Fish
Tiger	Red Zone	Shark	Yellow Zone	Feelings
ICE	Actions	Overgeneralization	Blaming	Filtering