

B	I	N	G	O
jumping to conclusions	"Ownership" Stance	Overgeneralization	core beliefs	Use of Power to Control
Lack of Time Perspective	feelings	behavior	"Unique Person" Stance	concrete thinking
event	selective focus	FREE	"Victim" or "Self-pity" Stance	Seek Pleasure First
Selective Effort	emotional reasoning	Use of Deceit to control	Seek Excitement First	actor versus observer
Personalization	Extreme Thinking	closed thinking	thoughts	Magnification/minimization

B	I	N	G	O
selective focus	"Unique Person" Stance	core beliefs	Lack of Time Perspective	behavior
Overgeneralization	thoughts	Use of Power to Control	Extreme Thinking	concrete thinking
Selective Effort	"Victim" or "Self-pity" Stance	FREE	Seek Pleasure First	"Ownership" Stance
Seek Excitement First	closed thinking	jumping to conclusions	Magnification/minimization	emotional reasoning
Use of Deceit to control	actor versus observer	event	feelings	Personalization

B	I	N	G	O
Extreme Thinking	closed thinking	"Unique Person" Stance	actor versus observer	"Victim" or "Self-pity" Stance
jumping to conclusions	Selective Effort	Use of Deceit to control	feelings	Use of Power to Control
event	Magnification/minimization	FREE	emotional reasoning	Seek Excitement First
selective focus	concrete thinking	core beliefs	thoughts	Overgeneralization
Seek Pleasure First	"Ownership" Stance	behavior	Lack of Time Perspective	Personalization