B	I	N	G	O
Rationalize	All or Nothing	Double-Standard Technique	Minimization	Labeling
Cognitive distortion	Personalization	Magnification	Blame	Mind Reading
Overgeneralization	Reframing	**FREE**	Catastrophizing	Facts
Fortune Telling	Opinions	Jumping to Conclusions	Examine the Evidence	Magical Thinking
Emotional Reasoning	Cognitive Behavioral Therapy	Mental Filter	Should Statements	Disqualifying Positives

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B	I	N	G	O
Reframing	Blame	Minimization	Cognitive distortion	Magnification
Double-Standard Technique	Should Statements	Labeling	Cognitive Behavioral Therapy	Mind Reading
Fortune Telling	Catastrophizing	**FREE**	Facts	All or Nothing
Examine the Evidence	Mental Filter	Rationalize	Disqualifying Positives	Opinions
Jumping to Conclusions	Magical Thinking	Overgeneralization	Personalization	Emotional Reasoning

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B	I	N	G	O
Cognitive Behavioral Therapy	Mental Filter	Blame	Magical Thinking	Catastrophizing
Rationalize	Fortune Telling	Jumping to Conclusions	Personalization	Labeling
Overgeneralization	Disqualifying Positives	**FREE**	Opinions	Examine the Evidence
Reframing	Mind Reading	Minimization	Should Statements	Double-Standard Technique
Facts	All or Nothing	Magnification	Cognitive distortion	Emotional Reasoning

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