

DISTORTED THINKING

BINGO

Notice. Pause. Get Curious.
No Judgement - Just Awareness

ALL OR NOTHING

Seeing things in black and white - no middle ground.

CATASTROPHISING

Assuming the worst possible outcome will happen.

MINDREADING

Believing you know what others are thinking about you

SHOULD STATEMENTS

Beating yourself up with "should", "must", "ought".

OVER GENERALISING

One bad thing means everything is always terrible.

MENTAL FILTER

Only focusing on negatives ignoring positives.

EMOTIONAL REASONING

If I feel it, it must be true.

LABELLING

Defining yourself or others with harsh labels.

PERSONALISATION

Taking everything personally, even if it is not about you.

FORTUNE TELLING

Predicting the future, usually negatively

MAGNIFICATION

Making problems bigger than they actually are.

COMPARISON

Constantly measuring yourself against others.

DISCOUNTING POSITIVES

Dismissing good things as luck or not counting.

BLAME

Making everything someone else's fault (or all yours).

WHAT IF THINKING

Getting stuck in anxious "What if" loops.

PERFECTIONSISM

Nothing is ever good enough unless it's flawless.