

|                      |                 |                  |                          |                          |
|----------------------|-----------------|------------------|--------------------------|--------------------------|
| Self-actualization   | Anxiety         | Acceptance       | Distress                 | Pessimism                |
| Modeling             | Cutting         | Schizophrenia    | Optimism                 | Anxiety disorder         |
| Personality disorder | Relapse         | <b>FREE</b>      | Social worker            | Bipolar Disorder         |
| Identity             | Coping strategy | Learned emotions | Positive affirmations    | Medications              |
| Perfectionist        | Psychiatrist    | Grief            | Impulse-control disorder | Fight-or-flight response |

|                      |                  |                 |                  |                          |
|----------------------|------------------|-----------------|------------------|--------------------------|
| Mood disorder        | Learned emotions | Emotion         | Breaking Point   | Clinical Psychologist    |
| Obsession            | Modeling         | Mental disorder | Biofeedback      | Relapse                  |
| Phobias              | Identity         | <b>FREE</b>     | Bipolar Disorder | Schizophrenia            |
| Anxiety disorder     | Social worker    | Resilience      | Pessimism        | Impulse-control disorder |
| Learned helplessness | Cutting          | Eating disorder | Peer Group       | Stress                   |

|                 |                      |                    |                       |                |
|-----------------|----------------------|--------------------|-----------------------|----------------|
| Phobias         | Personality disorder | PTSD               | Primary emotions      | Breaking Point |
| Compulsion      | Peer Group           | Modeling           | Cutting               | Perfectionist  |
| Neurologist     | Anxiety              | <b>FREE</b>        | Identity              | Acceptance     |
| Mental disorder | Obsession            | Self-actualization | Clinical Psychologist | Wellness goals |
| Stressors       | Defense mechanisms   | Stress             | Biofeedback           | Pessimism      |