B	I	N	G	O
Self-actualization	Assimilation	Anxiety	Ego	Perfectionist
Mindfulness	DBT therapy	Resilience	Neurologist	Biofeedback
Peer Group	Positive reinforcement	**FREE**	Sigmund Freud	Catastrophe
Negative reinforcement	Identity	Primary emotions	Impulse	Phobias
Mental disorder	PTSD	Mental rehearsal	Positive punishment	Fight-or-flight response

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B	I	N	G	O
Primary emotions	Identity	Fear	Mood disorder	Impulse
Eustress	Catastrophe	Compulsion	Negative reinforcement	Modeling
Mental rehearsal	CBT therapy	**FREE**	Clinical Psychologist	Personality
Hierarchy of needs	Resilience	Biofeedback	Sigmund Freud	Psychiatrist
Big 5 personality traits	Perfectionist	Negative punishment	Learned emotions	Defense mechanisms

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B	I	N	G	O
Emotion	Primary emotions	Optimism	Social worker	Personality
Peer Group	Obsession	Phobias	Catastrophe	Coping strategy
Modeling	Defense mechanisms	**FREE**	PTSD	Mood disorder
Negative punishment	Assimilation	Hierarchy of needs	Anxiety	Mindfulness
DBT therapy	Self esteem	Clinical Psychologist	Stressors	Stress

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