B	I	N	G	O
talk	anger	count to ten	self - respect	let it go
choice	stop	peer - pressure	apologize	self regulation
temptation	breathe	**FREE**	honestly	image
self aware	kindness	self - control	encouragement	patience
calm	self - worth	compassion	think	confidence

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B	I	N	G	O
temptation	think	apologize	kindness	choice
self - respect	image	count to ten	patience	breathe
honestly	anger	**FREE**	encouragement	self - control
confidence	talk	compassion	self aware	calm
let it go	forgiveness	self regulation	peer - pressure	stop

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B	I	N	G	O
self aware	encouragement	temptation	confidence	self - respect
self - worth	self regulation	think	kindness	breathe
self - control	apologize	**FREE**	honestly	count to ten
forgiveness	let it go	calm	anger	talk
stop	peer - pressure	image	patience	compassion

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