

B	I	N	G	O
Self esteem	Anxiety	Acceptance	Distress	PTSD
Medications	Deep breathing	Relapse	Modeling	Biofeedback
Positive affirmations	Stress	FREE	Breaking Point	Hierarchy of needs
Primary emotions	Impulse-control disorder	Perfectionist	Learned emotions	Obsession
Optimism	Fight/Flight/Freeze	Emotion	Mental disorder	Eating disorder

B	I	N	G	O
Compulsion	Coping strategy	Mindfulness	Medications	Learned helplessness
Breaking Point	Primary emotions	Peer Group	Hierarchy of needs	Identity
Relapse	Biofeedback	FREE	Stress	Anxiety
Modeling	PTSD	Mental disorder	Impulse-control disorder	Defense mechanisms
Distress	Obsession	Optimism	Mood disorder	Pessimism

B	I	N	G	O
Compulsion	Counselor	Obsession	Medications	Deep breathing
Optimism	Mental disorder	Anxiety	Hierarchy of needs	Acceptance
Learned helplessness	Mindfulness	FREE	Self esteem	Coping strategy
Wellness goals	Stressors	Defense mechanisms	Breaking Point	Peer Group
Modeling	Depression	Stress	Biofeedback	PTSD