

B	I	N	G	O
Shortness of Breath	Adrenaline	Impulsivity	Physical Activity	Mood Stabilizer
Decreased Motivation	Serotonin	OCD	Agoraphobia	Phobias
Seasonal Affective Disorder	Thought Stopping	FREE	Binge Eating	Irrational Thinking
Loss of Interest	Repetitive Thoughts	Meditation	Indifference to Consequences	Nature Vs Nurture
Increased Irritability	Cognitive-Behaivoral	PTSD	Wise Self	Fight or Flight

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Thought Stopping	Agoraphobia	Physical Activity	Decreased Motivation	OCD
Impulsivity	Wise Self	Mood Stabilizer	Cognitive-Behavioral	Phobias
Loss of Interest	Binge Eating	FREE	Irrational Thinking	Adrenaline
Indifference to Consequences	PTSD	Shortness of Breath	Fight or Flight	Repetitive Thoughts
Meditation	Nature Vs Nurture	Seasonal Affective Disorder	Serotonin	Increased Irritability

B	I	N	G	O
Cognitive-Behavioral	PTSD	Agoraphobia	Nature Vs Nurture	Binge Eating
Shortness of Breath	Loss of Interest	Meditation	Serotonin	Mood Stabilizer
Seasonal Affective Disorder	Fight or Flight	FREE	Repetitive Thoughts	Indifference to Consequences
Thought Stopping	Phobias	Physical Activity	Wise Self	Impulsivity
Irrational Thinking	Adrenaline	OCD	Decreased Motivation	Increased Irritability