

B	I	N	G	O
Treatment	Amygdala	Decreased Motivation	Physical Activity	Mood Stabilizer
Bipolar I Disorder	Social Anxiety	Panic Disorder	Antidepressant	Phobias
Repetitive Thoughts	What we think we become	FREE	Anxiety	Increased Irritability
Irrational Thinking	Positive Psychology	Mindfulness	Fight or Flight	OCD
Dysthymia	Authenticity	Peace	Wise Self	DSM 5

B	I	N	G	O
What we think we become	Antidepressant	Physical Activity	Bipolar I Disorder	Panic Disorder
Decreased Motivation	Wise Self	Mood Stabilizer	Authenticity	Phobias
Irrational Thinking	Anxiety	FREE	Increased Irritability	Amygdala
Fight or Flight	Peace	Treatment	DSM 5	Positive Psychology
Mindfulness	OCD	Repetitive Thoughts	Social Anxiety	Dysthymia

B	I	N	G	O
Authenticity	Peace	Antidepressant	OCD	Anxiety
Treatment	Irrational Thinking	Mindfulness	Social Anxiety	Mood Stabilizer
Repetitive Thoughts	DSM 5	FREE	Positive Psychology	Fight or Flight
What we think we become	Phobias	Physical Activity	Wise Self	Decreased Motivation
Increased Irritability	Amygdala	Panic Disorder	Bipolar I Disorder	Dysthymia