B	I	N	G	O
Self-actualization	Anxiety	Grief	Personality	Obsession
Distress	Self esteem	Peer Group	Compulsion	Primary emotions
Coping strategy	PTS disorder	**FREE**	Learned emotions	Resilience
Modeling	Phobias	Mood disorder	Perfectionist	Identity
Hierarchy of needs	Optimism	Defense mechanisms	Depression	Personality disorder

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B	I	N	G	O
Impulse-control disorder	Coping strategy	Learned emotions	Self esteem	Compulsion
Self-actualization	Resilience	PTS disorder	Personality	Optimism
Modeling	Obsession	**FREE**	Distress	Grief
Peer Group	Stress	Personality disorder	Phobias	Defense mechanisms
Depression	Perfectionist	Anxiety	Mood disorder	Stressor

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B	I	N	G	O
Stress	Emotion	Coping strategy	Personality disorder	Distress
PTS disorder	Fight-or-flight response	Stressor	Compulsion	Self-actualization
Mood disorder	Depression	**FREE**	Personality	Learned emotions
Grief	Impulse-control disorder	Anxiety	Hierarchy of needs	Optimism
Perfectionist	Self esteem	Phobias	Modeling	Primary emotions

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