B	I	N	G	O
Self esteem	Anxiety	Angry	Fight-or-flight response	Phobias
Obsession	Definant	Self Respect	Peer Group	Calming
Personality disorder	Relaxation	**FREE**	Self-actualization	Compulsion
Identity	Impulse-control disorder	Pleaseant	Mood disorder	Personality
Happy	Grief	Optimism	Defense mechanisms	PTS disorder

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B	I	N	G	O
Obsession	Mood disorder	Calming	Resilience	Coping strategy
Phobias	Identity	Compulsion	Impulse-control disorder	Self Respect
Self-actualization	Anxiety	**FREE**	Peer Group	Optimism
PTS disorder	Learned emotions	Depression	Fight-or-flight response	Perfectionist
Personality disorder	Primary emotions	Defense mechanisms	Personality	Definant

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B	I	N	G	O
Personality	Optimism	PTS disorder	Anxiety	Identity
Angry	Mood disorder	Definant	Self esteem	Coping strategy
Stressor	Stress	**FREE**	Depression	Calming
Phobias	Peer Group	Emotion	Self-actualization	Obsession
Defense mechanisms	Personality disorder	Impulse-control disorder	Fight-or-flight response	Compulsion

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