

|                  |                         |                     |                             |                       |
|------------------|-------------------------|---------------------|-----------------------------|-----------------------|
| <b>B</b>         | <b>I</b>                | <b>N</b>            | <b>G</b>                    | <b>O</b>              |
| Social<br>worker | Coping<br>strategy      | Anxiety             | Grief                       | Phobias               |
| Optimism         | Eating<br>disorder      | Self-actualization  | Personality                 | Cutting               |
| Pessimism        | Schizophrenia           | <b>FREE</b>         | Stress                      | Defense<br>mechanisms |
| Perfectionist    | Mental<br>rehearsal     | Self<br>esteem      | Modeling                    | Resilience            |
| Mood<br>disorder | Personality<br>disorder | Learned<br>emotions | Impulse-control<br>disorder | Peer<br>Group         |

|                 |                  |                    |                      |               |
|-----------------|------------------|--------------------|----------------------|---------------|
| <b>B</b>        | <b>I</b>         | <b>N</b>           | <b>G</b>             | <b>O</b>      |
| Modeling        | Identity         | Defense mechanisms | Depression           | Perfectionist |
| PTS disorder    | Optimism         | Cutting            | Self esteem          | Phobias       |
| Mental disorder | Mental rehearsal | <b>FREE</b>        | Self-actualization   | Stress        |
| Coping strategy | Peer Group       | Eating disorder    | Personality disorder | Stressor      |
| Psychiatrist    | Pessimism        | Personality        | Resilience           | Distress      |

|                      |                 |                 |                          |                          |
|----------------------|-----------------|-----------------|--------------------------|--------------------------|
| <b>B</b>             | <b>I</b>        | <b>N</b>        | <b>G</b>                 | <b>O</b>                 |
| Personality disorder | PTS disorder    | Eating disorder | Pessimism                | Peer Group               |
| Coping strategy      | Mental disorder | Anxiety         | Optimism                 | Social worker            |
| Depression           | Suicide         | <b>FREE</b>     | Stressor                 | Emotion                  |
| Cutting              | Phobias         | Perfectionist   | Fight-or-flight response | Stress                   |
| Distress             | Modeling        | Grief           | Defense mechanisms       | Impulse-control disorder |