

B	I	N	G	O
Stress	Anxiety	Anorexia	Distress	Primary emotions
Learn from mistakes	Criticism	Self-approval	Optimism	Beliefs
Pessimism	Self-actualization	FREE	Suicide	Catastrophe
Obsession	Grief	Healthy Relationships	Schizophrenia	Improvement
Personality	Self esteem	Failures	Equilibrium	Learned emotions

B	I	N	G	O
Healthy Relationships	Emotion	Catastrophe	Compulsion	Narcissist
Learn from mistakes	Inner Voice	Bulimia	Self-actualization	Chaotic Relationships
Resilience	Grief	FREE	Self-worth	Beliefs
Suicide	Self-approval	Obsession	Primary emotions	Learned emotions
Identity	Criticism	Distress	Perfectionist	Values

B	I	N	G	O
Resilience	Pessimism	Optimism	Seeking Approval	Catastrophe
Coping strategy	Perfectionist	Learn from mistakes	Criticism	Personality
Narcissist	Anxiety	FREE	Fight-or-flight response	Anorexia
Inner Voice	Stress	Chaotic Relationships	Worthy	Worthwhile
Cutting	Values	Bulimia	Primary emotions	Depression