B	I	N	G	O
TIME-OUT	"I" STATEMENTS	CHANGE	MANAGE STRESS	HOLD GRUDGES
ANGER MANAGEMENT	THINK "NEXT TIME"	LET GO OF EXPECTATIONS	ACCEPT & REFRAME	RECOGNIZE THE WORST
UPDATE BELIEF SYSTEM	ADAPT	**FREE**	EXERCISE	EXPRESS ANGER
POSITIVE VS. NEGATIVE	HAPPINESS	LET GO OF NEGATIVE	CHOOSE HAPPINESS	HOPE FOR THE FUTURE
ANGER	NEVER ALONE	BE VULNERABLE	USE HUMOR	CELEBRATE POSITIVES

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B	I	N	G	O
UPDATE BELIEF SYSTEM	USE HUMOR	ACCEPT & REFRAME	HAPPINESS	ANGER MANAGEMENT
MANAGE STRESS	EXPRESS ANGER	CHANGE	HOPE FOR THE FUTURE	ADAPT
EXERCISE	"I" STATEMENTS	**FREE**	CHOOSE HAPPINESS	LET GO OF NEGATIVE
CELEBRATE POSITIVES	TIME-OUT	BE VULNERABLE	POSITIVE VS. NEGATIVE	ANGER
HOLD GRUDGES	COPING SKILLS	RECOGNIZE THE WORST	LET GO OF EXPECTATIONS	THINK "NEXT TIME"

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B	I	N	G	O
POSITIVE VS. NEGATIVE	CHOOSE HAPPINESS	UPDATE BELIEF SYSTEM	CELEBRATE POSITIVES	MANAGE STRESS
NEVER ALONE	RECOGNIZE THE WORST	USE HUMOR	HAPPINESS	ADAPT
LET GO OF NEGATIVE	ACCEPT & REFRAME	**FREE**	EXERCISE	CHANGE
COPING SKILLS	HOLD GRUDGES	ANGER	"I" STATEMENTS	TIME-OUT
THINK "NEXT TIME"	LET GO OF EXPECTATIONS	EXPRESS ANGER	HOPE FOR THE FUTURE	BE VULNERABLE

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