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

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