B	I	N	G	O
Self-actualization	Anxiety	Anorexia nervosa	Emotion	Personality disorder
Modeling	Cutting	Schizophrenia	PTS disorder	Binge eating
Personality	Resilience	**FREE**	Social worker	Bulimia
Optimism	Identity	Learned emotions	Phobias	Mental disorder
Perfectionist	Psychiatrist	Mental rehearsal	Grief	Fight-or-flight response

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B	I	N	G	O
Neurologist	Learned emotions	Eustress	Catastrophe	Compulsion
Obsession	Mood disorder	Mental rehearsal	Biofeedback	Resilience
Personality disorder	Identity	**FREE**	Bulimia	Impulse-control disorder
Schizophrenia	Binge eating	Social worker	Optimism	Defense mechanisms
Emotion	Peer Group	Stress	Pessimism	Personality

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B	I	N	G	O
PTS disorder	Primary emotions	Bulimia	Coping strategy	Peer Group
Mood disorder	Cutting	Perfectionist	Neurologist	Anxiety
Identity	Anorexia nervosa	**FREE**	Modeling	Obsession
Self-actualization	Catastrophe	Suicide	Stressor	Defense mechanisms
Stress	Biofeedback	Personality disorder	Optimism	Distress

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