B	I	N	G	O
You Are Strong!	Antidepressants	Eliminate Social Anxiety	Quetiapine(Seroquel)	Mood Stabilizer
Decrease Irritability	Risperidone(Risperdal)	Optimum Functioning	Antipsychotics	Physical Activity
Repetitive Positive Thoughts	You Are Worth It!	**FREE**	Aripiprazole(Abilify)	Lithium
Meditation	Rational Thinking	Mindfulness	Lamotrigine-Lamictal	Olanzapine(Zyprexa)
Increase Motivation	Carbamazepine(Tegretol)	Peace	You Can Do It!	Decrease Phobias

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B	I	N	G	O
You Are Worth It!	Antipsychotics	Quetiapine(Seroquel)	Decrease Irritability	Optimum Functioning
Eliminate Social Anxiety	You Can Do It!	Mood Stabilizer	Carbamazepine(Tegretol)	Physical Activity
Meditation	Aripiprazole(Abilify)	**FREE**	Lithium	Antidepressants
Lamotrigine-Lamictal	Peace	You Are Strong!	Decrease Phobias	Rational Thinking
Mindfulness	Olanzapine(Zyprexa)	Repetitive Positive Thoughts	Risperidone(Risperdal)	Increase Motivation

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B	I	N	G	O
Carbamazepine(Tegretol)	Peace	Antipsychotics	Olanzapine(Zyprexa)	Aripiprazole(Abilify)
You Are Strong!	Meditation	Mindfulness	Risperidone(Risperdal)	Mood Stabilizer
Repetitive Positive Thoughts	Decrease Phobias	**FREE**	Rational Thinking	Lamotrigine-Lamictal
You Are Worth It!	Physical Activity	Quetiapine(Seroquel)	You Can Do It!	Eliminate Social Anxiety
Lithium	Antidepressants	Optimum Functioning	Decrease Irritability	Increase Motivation

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