B	I	N	G	O
Self-actualization	Anxiety	Acceptance	Distress	Pessimism
Modeling	Cutting	Schizophrenia	Optimism	Anxiety disorder
Personality disorder	Relapse	**FREE**	Social worker	Bipolar Disorder
Identity	Coping strategy	Learned emotions	Positive affirmations	Medications
Perfectionist	Psychiatrist	Grief	Impulse-control disorder	Fight-or-flight response

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B	I	N	G	O
Mood disorder	Learned emotions	Emotion	Breaking Point	Clinical Psychologist
Obsession	Modeling	Mental disorder	Biofeedback	Relapse
Phobias	Identity	**FREE**	Bipolar Disorder	Schizophrenia
Anxiety disorder	Social worker	Resilience	Pessimism	Impulse-control disorder
Learned helplessness	Cutting	Eating disorder	Peer Group	Stress

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B	I	N	G	O
Phobias	Personality disorder	PTSD	Primary emotions	Breaking Point
Compulsion	Peer Group	Modeling	Cutting	Perfectionist
Neurologist	Anxiety	**FREE**	Identity	Acceptance
Mental disorder	Obsession	Self-actualization	Clinical Psychologist	Wellness goals
Stressors	Defense mechanisms	Stress	Biofeedback	Pessimism

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