

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

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

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