B	I	N	G	O
Schizophrenia	Anxiety	Acceptance	Empowerment	Phobias
Mental disorder	Depression	Relapse	Optimism	Belonging
Personality disorder	Primary emotions	Self Actualizatio	Bipolar Disorder	Obsession
Journaling	Denial	Learned helplessness	Positive Stress	Love
Perfectionist	Medications	Positive affirmations	Hierarchy of needs	Go-Getters

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B	I	N	G	O
Mood disorder	Learned helplessness	Fight-or-flight response	Clinical Psychologist	Coping strategy
Negative Stress	Modeling	Medications	Biofeedback	Primary emotions
Physiological needs	Journaling	Bipolar Disorder	Learned emotions	Relapse
Belonging	Self Actualizatio	Reflection	Obsession	Phobias
Depression	Empowerment	Peer Group	Self-actualization	Personality disorder

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B	I	N	G	O
Optimism	Positive Stress	Clinical Psychologist	Defense mechanisms	Peer Group
Modeling	Depression	Perfectionist	Mood disorder	Anxiety
Journaling	Acceptance	Mental disorder	Negative Stress	Schizophrenia
Wellness goals	Social worker	Distress	Self-actualization	Biofeedback
Physiological needs	Emotion	Belonging	Self Actualizatio	Phobias

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