

|                     |                       |                     |                             |                     |
|---------------------|-----------------------|---------------------|-----------------------------|---------------------|
| <b>B</b>            | <b>I</b>              | <b>N</b>            | <b>G</b>                    | <b>O</b>            |
| Self-actualization  | Anxiety               | Anorexia<br>nervosa | Depression                  | Personality         |
| Mental<br>rehearsal | Compulsion            | Schizophrenia       | Optimism                    | Anxiety<br>disorder |
| Perfectionist       | Psychiatrist          | <b>FREE</b>         | Social<br>worker            | Biofeedback         |
| Obsession           | Hierarchy<br>of needs | Cluster<br>suicides | Impulse-control<br>disorder | Phobias             |
| Learned<br>emotions | Peer<br>Group         | Mental<br>disorder  | Primary<br>emotions         | Eustress            |

|                    |                       |                           |                         |                             |
|--------------------|-----------------------|---------------------------|-------------------------|-----------------------------|
| <b>B</b>           | <b>I</b>              | <b>N</b>                  | <b>G</b>                | <b>O</b>                    |
| Psychiatrist       | Hierarchy<br>of needs | Eating<br>disorderEmotion | Mood<br>disorder        | Impulse-control<br>disorder |
| Distress           | Bulimia               | Catastrophe               | Neurologist             | Modeling                    |
| Mental<br>disorder | Binge<br>eating       | <b>FREE</b>               | Personality<br>disorder | Biofeedback                 |
| Identity           | Schizophrenia         | Anxiety<br>disorder       | Social<br>worker        | Resilience                  |
| Obsession          | Personality           | Compulsion                | Depression              | PTS<br>disorder             |

|                  |                       |               |                    |                    |
|------------------|-----------------------|---------------|--------------------|--------------------|
| <b>B</b>         | <b>I</b>              | <b>N</b>      | <b>G</b>           | <b>O</b>           |
| Stress           | Personality disorder  | Perfectionist | Optimism           | Phobias            |
| Bulimia          | Clinical Psychologist | PTS disorder  | Modeling           | Compulsion         |
| Peer Group       | Mood disorder         | <b>FREE</b>   | Anxiety            | Hierarchy of needs |
| Anorexia nervosa | Mental rehearsal      | Neurologist   | Self-actualization | Suicide            |
| Stressor         | Coping strategy       | Binge eating  | Defense mechanisms | Anxiety disorder   |