B	I	N	G	O
Social worker	Binge eating	Anxiety	Eating disorder	Pessimism
Mood disorder	Cutting	Self esteem	Perfectionist	Biofeedback
Resilience	Stress	**FREE**	Compulsion	Peer Group
Guided imagery	Impulse-control disorder	Primary emotions	Learned emotions	Personality disorder
Psychiatrist	Fight-or-flight response	Identity	Optimism	Emotion

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B	I	N	G	O
Coping Skills	Coping strategy	Peer Group	Obsession	Mood disorder
Biofeedback	Resilience	Phobias	Guided imagery	Compulsion
Identity	Self esteem	**FREE**	Stress	Schizophrenia
Binge eating	Pessimism	Impulse-control disorder	Defense mechanisms	Eating disorder
Personality	Perfectionist	Psychiatrist	Personality disorder	Optimism

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B	I	N	G	O
Optimism	Binge eating	Guided imagery	Anxiety	Mood disorder
Cutting	Peer Group	Social worker	Coping Skills	Suicide
Stressor	Defense mechanisms	**FREE**	Biofeedback	Phobias
Perfectionist	Distress	Stress	Coping strategy	Pessimism
Identity	Eating disorder	Compulsion	Impulse-control disorder	Fight-or-flight response

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