

B	I	N	G	O
Speak clearly	"I" Statements	Be patient with yourself	Passive communication	Identifying the problem
Assertive Communication	Sensitive to self and others	No Yelling	Addressing and resolving the conflict	Passive aggressive Communication
Respectful to others	Take a time out if needed	FREE	Aggressive Communication	Express feelings with words
Express yourself honestly and kindly	Reflecting on your feelings	Identifying the Impact of the conflict	Discuss one issue at a time	No Degrading Language
Conflict Resolution Model	Agree to Disagree or Let it go	Observant more than reactive	Use healthy coping skills	Be aware of non-verbal ques

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Take a time out if needed	Addressing and resolving the conflict	Passive communication	Assertive Communication	No Yelling
Be patient with yourself	Use healthy coping skills	Identifying the problem	Agree to Disagree or Let it go	Passive aggressive Communication
Express yourself honestly and kindly	Aggressive Communication	FREE	Express feelings with words	"I" Statements
Discuss one issue at a time	Observant more than reactive	Speak clearly	Be aware of non-verbal ques	Reflecting on your feelings
Identifying the Impact of the conflict	No Degrading Language	Respectful to others	Sensitive to self and others	Conflict Resolution Model

B	I	N	G	O
Agree to Disagree or Let it go	Observant more than reactive	Addressing and resolving the conflict	No Degrading Language	Aggressive Communication
Speak clearly	Express yourself honestly and kindly	Identifying the Impact of the conflict	Sensitive to self and others	Identifying the problem
Respectful to others	Be aware of non-verbal cues	FREE	Reflecting on your feelings	Discuss one issue at a time
Take a time out if needed	Passive aggressive Communication	Passive communication	Use healthy coping skills	Be patient with yourself
Express feelings with words	"I" Statements	No Yelling	Assertive Communication	Conflict Resolution Model