

B	I	N	G	O
thinking ahead	Long term Consequence	expressing affection	self evaluation	positive affirmations
careful observation	social skills	reminder	Self care	self coaching
short term consequence	tracking feelings	FREE	anger/sadness reducer	healthy relationships
helping others	setting limits	internal trigger	focusing on others	reflection
external trigger	being patient with yourself	restatement	trust	celebrating accomplishments

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tracking feelings	Self care	self evaluation	careful observation	reminder
expressing affection	trust	positive affirmations	being patient with yourself	self coaching
helping others	anger/sadness reducer	FREE	healthy relationships	Long term Consequence
focusing on others	restatement	thinking ahead	celebrating accomplishments	setting limits
internal trigger	reflection	short term consequence	social skills	external trigger

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being patient with yourself	restatement	Self care	reflection	anger/sadness reducer
thinking ahead	helping others	internal trigger	social skills	positive affirmations
short term consequence	celebrating accomplishments	FREE	setting limits	focusing on others
tracking feelings	self coaching	self evaluation	trust	expressing affection
healthy relationships	Long term Consequence	reminder	careful observation	external trigger