B	I	N	G	O
Stay calm	Assertive	Be sensitive	Observant more than reactive	I statements
Be kind	Speak clearly	No Degrading Language	Attempt a compromise	No stonewalling
Respectful to others	Take a time out	**FREE**	Be aware of non-verbal ques	Discuss one issue at a time
Express feelings with words	Reflecting	Eye Contact	Direct Communication	Listen to others
Collect your thoughts	Be honest	No Yelling	Use healthy coping skills	Be patient with yourself

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B	I	N	G	O
Take a time out	Attempt a compromise	Observant more than reactive	Be kind	No Degrading Language
Be sensitive	Use healthy coping skills	I statements	Be honest	No stonewalling
Express feelings with words	Be aware of non-verbal ques	**FREE**	Discuss one issue at a time	Assertive
Direct Communication	No Yelling	Stay calm	Be patient with yourself	Reflecting
Eye Contact	Listen to others	Respectful to others	Speak clearly	Collect your thoughts

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B	I	N	G	O
Be honest	No Yelling	Attempt a compromise	Listen to others	Be aware of non-verbal ques
Stay calm	Express feelings with words	Eye Contact	Speak clearly	I statements
Respectful to others	Be patient with yourself	**FREE**	Reflecting	Direct Communication
Take a time out	No stonewalling	Observant more than reactive	Use healthy coping skills	Be sensitive
Discuss one issue at a time	Assertive	No Degrading Language	Be kind	Collect your thoughts

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