

B	I	N	G	O
Use humor	Aggressive	Act on your best interest but consider others needs & rights	Clarify your understanding	Practice self care & self respect
Express feelings & rights clearly	Be assertive	Teamwork makes the dream work	Give opportunity for explanation	Ask & Offer help when needed
Passive	Statement with "I" not "you"	FREE	Use language carefully	Assertive vs Aggressive
Create a "safe " environment	Develop trust & equality	Set health boundaries	Emphasize your good qualities	Partnership
Communication is always key	Clear & Direct Communication	Eye contact is important	Be a good listener	Find your person

B	I	N	G	O
Express feelings & rights clearly	Emphasize your good qualities	Ask & Offer help when needed	Stay calm	Avoid mirroring toxic behaviors
Practice self care & self respect	Create a "safe " environment	Assertive vs Aggressive	Develop trust & equality	Teamwork makes the dream work
Use language carefully	Aggressive	FREE	Give opportunity for explanation	Eye contact is important
Find your person	Don't embellish deliver pure facts	Be open to constructive feedback	Clarify your understanding	Identify the behavior & address it
Passive	Smile	Be a good listener	Partnership	Be assertive

B	I	N	G	O
Partnership	Eye contact is important	Find your person	Aggressive	Create a "safe " environment
Act on your best interest but consider others needs & rights	Emphasize your good qualities	Be assertive	Use humor	Avoid mirroring toxic behaviors
passive Aggressive	Your tone of voice matters	FREE	Be open to constructive feedback	Ask & Offer help when needed
Practice self care & self respect	Give opportunity for explanation	Choose friends wisely	Use language carefully	Express feelings & rights clearly
Be a good listener	Passive	Develop trust & equality	Clarify your understanding	Assertive vs Aggressive