B	I	N	G	O
Tries to isolate you or make you look bad	(Passive) aggressive behaviour or anger issues	Isn't autocritical and doesn't accept criticism	Sense of entitlement	Non apologies or deflecting
Fakes sympathy to get what they want	Thinks they are either the king of the world or the eternal victim	Physical or psychological abuse	Coercion of any kind	Sees other people as tools or extension of themselves
Thinks their contribution or opinion is essential	Wants you to praise them even for existing or doing the bare minimum	**FREE**	Controlling behaviour or stalking	Love bombing
Makes everything about them	Silent treatment or subtle punishments	Manipulates you or uses your kindness against you	Lacks empathy and belittles your feelings or needs	Only hears what they want to hear
Knowingly accuses you of things you didn't do or puts words in your mouth	Empty promises or lies	Pushes personal boundaries	Wears a mask in public and makes people around you think they're a nice person	Gaslighting

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B	I	N	G	O
Wants you to praise them even for existing or doing the bare minimum	Coercion of any kind	Sense of entitlement	Fakes sympathy to get what they want	Physical or psychological abuse
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Makes everything about them	Controlling behaviour or stalking	**FREE**	Love bombing	(Passive) aggressive behaviour or anger issues
Lacks empathy and belittles your feelings or needs	Pushes personal boundaries	Tries to isolate you or make you look bad	Gaslighting	Silent treatment or subtle punishments
Manipulates you or uses your kindness against you	Only hears what they want to hear	Thinks their contribution or opinion is essential	Thinks they are either the king of the world or the eternal victim	Knowingly accuses you of things you didn't do or puts words in your mouth

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