

B	I	N	G	O
Trigger	Accountability	"I" Statements	Cool down	Read
Legal Consequences	Assertiveness	Talk about it	Mindfulness	Aggression
Passive-Aggression	Substance Use	FREE SPACE!	Trusted Adult	Anger
Draw	Asking for Help	Exercise	Rest	High Blood Pressure
PTSD	Social Consequences	Cue	Count to 10	Listen

B	I	N	G	O
Exercise	Count to 10	Anger Iceberg	Apologizing	Meditation
Legal Consequences	Journal	Anger	Substance Use	Read
Draw	Emotional Consequences	FREE SPACE!	Talk about it	Aggression
Trusted Adult	Accountability	Assertiveness	Counseling	Non-Verbal Communication
Respect	Passive-Aggression	Mindfulness	Rest	Asking for Help

B	I	N	G	O
PTSD	Legal Consequences	Assertiveness	Listen	Accountability
Draw	"I" Statements	Journal	Meditation	Trigger
Anger Iceberg	Yell	FREE SPACE!	Walk away	Communication
Anger	Read	Mindfulness	Compromise	Trusted Adult
Asking for Help	Aggression	Passive-Aggression	Emotional Consequences	Cool down