

|                 |                  |             |               |             |
|-----------------|------------------|-------------|---------------|-------------|
| <b>B</b>        | <b>I</b>         | <b>N</b>    | <b>G</b>      | <b>O</b>    |
| Self-assured    | Active listening | Consistency | Openness      | Firmness    |
| Clarity         | Self-advocacy    | Honesty     | Assertiveness | Respect     |
| Self-expression | Body language    | <b>FREE</b> | Directness    | Empathy     |
| Politeness      | Empowerment      | Negotiation | Decisiveness  | Flexibility |
| Boundaries      | Persuasion       | Compromise  | Tone          | Confidence  |

|                 |                         |                |                    |                |
|-----------------|-------------------------|----------------|--------------------|----------------|
| <b>B</b>        | <b>I</b>                | <b>N</b>       | <b>G</b>           | <b>O</b>       |
| Self-expression | <b>Tone</b>             | Assertiveness  | Empowerment        | <b>Clarity</b> |
| Openness        | <b>Empathy</b>          | Consistency    | <b>Flexibility</b> | Body language  |
| Directness      | <b>Active listening</b> | <b>FREE</b>    | Decisiveness       | Negotiation    |
| Confidence      | Self-assured            | Compromise     | Politeness         | Boundaries     |
| <b>Firmness</b> | Diplomacy               | <b>Respect</b> | <b>Honesty</b>     | Self-advocacy  |

| <b>B</b>      | <b>I</b>      | <b>N</b>        | <b>G</b>         | <b>O</b>      |
|---------------|---------------|-----------------|------------------|---------------|
| Politeness    | Decisiveness  | Self-expression | Confidence       | Openness      |
| Persuasion    | Respect       | Tone            | Empowerment      | Body language |
| Negotiation   | Assertiveness | <b>FREE</b>     | Directness       | Consistency   |
| Diplomacy     | Firmness      | Boundaries      | Active listening | Self-assured  |
| Self-advocacy | Honesty       | Empathy         | Flexibility      | Compromise    |