

B	I	N	G	O
Thoughtful	Acceptance	Commitment	Respect	Good Communication
Boundaries	Support	Love	Active Listening	Positive Self-esteem
Shared Decision making	Trust	FREE	Appreciation	Equality
Forgiveness	Share Feelings	Giving & Receiving	Encouragement	Honesty
Effort	Balance	Patience	Understanding	Co-operation

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Trust	Active Listening	Respect	Boundaries	Love
Commitment	Understanding	Good Communication	Balance	Positive Self-esteem
Forgiveness	Appreciation	FREE	Equality	Acceptance
Encouragement	Patience	Thoughtful	Co-operation	Share Feelings
Giving & Receiving	Honesty	Shared Decision making	Support	Effort

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Balance	Patience	Active Listening	Honesty	Appreciation
Thoughtful	Forgiveness	Giving & Receiving	Support	Good Communication
Shared Decision making	Co-operation	FREE	Share Feelings	Encouragement
Trust	Positive Self-esteem	Respect	Understanding	Commitment
Equality	Acceptance	Love	Boundaries	Effort