

B	I	N	G	O
Thalamus	Affecting Others	10	EXPLOSIVE!	Problems
Lizard Brain	Communication Skills	Take deep breaths	Passive-Aggressive	Aggressive
Stop	Think	FREE	Ask Questions	Opinions
I Statements	Stop & Think!	Identify Choices	Set Goals	Leave the situation
Prefrontal Cortex	Skills	Problem Solving	Facts	External

B	I	N	G	O
Non-verbal Communication	Identify Choices	Emotions Elevator	Assertive	Body Language
Opinions	Lizard Brain	Limbic System	Amygdala	Stop & Think!
Red Flags	Hypothalamus	FREE	Ask Questions	Take deep breaths
Aggressive	Think	I Statements	Now & Later	Internal
Consequences	EXPLOSIVE!	Positive self-talk	Who? What? Where? When?	Relay Centre

B	I	N	G	O
Problems	Passive-Aggressive	Set Goals	Ask Questions	Calm
Prefrontal Cortex	Lizard Brain	Consequences	Problem Solving	Now & Later
Affecting Others	Hypothalamus	FREE	10	Limbic System
Communication Skills	Opinions	Thalamus	Assertive	Wizard Brain
Wise Ways	Who? What? Where? When?	Amygdala	Red Flags	Do something else