

|                    |                        |                      |                  |                          |
|--------------------|------------------------|----------------------|------------------|--------------------------|
| <b>B</b>           | <b>I</b>               | <b>N</b>             | <b>G</b>         | <b>O</b>                 |
| Thoughtful         | Acceptance             | Commitment           | <b>Respect</b>   | Good Communication       |
| Celebrate together | Shared Decision making | Patience             | Active Listening | Renewal of Relationships |
| Share Feelings     | Trust                  | <b>FREE</b>          | Appreciation     | Equality                 |
| Forgiveness        | Separate Entities      | Giving & Receiving   | Encouragement    | <b>Honesty</b>           |
| Effort             | Balance                | Positive Self-esteem | Understanding    | Co-operation             |

|                       |                         |                       |                              |                             |
|-----------------------|-------------------------|-----------------------|------------------------------|-----------------------------|
| <b>B</b>              | <b>I</b>                | <b>N</b>              | <b>G</b>                     | <b>O</b>                    |
| Trust                 | Active<br>Listening     | Respect               | Celebrate<br>together        | Patience                    |
| Commitment            | Understanding           | Good<br>Communication | Balance                      | Renewal of<br>Relationships |
| Forgiveness           | Appreciation            | <b>FREE</b>           | Equality                     | Acceptance                  |
| Encouragement         | Positive<br>Self-esteem | Thoughtful            | Co-operation                 | Separate<br>Entities        |
| Giving &<br>Receiving | Honesty                 | Share<br>Feelings     | Shared<br>Decision<br>making | Effort                      |

|                   |                             |                       |                              |                       |
|-------------------|-----------------------------|-----------------------|------------------------------|-----------------------|
| <b>B</b>          | <b>I</b>                    | <b>N</b>              | <b>G</b>                     | <b>O</b>              |
| Balance           | Positive<br>Self-esteem     | Active<br>Listening   | Honesty                      | Appreciation          |
| Thoughtful        | Forgiveness                 | Giving &<br>Receiving | Shared<br>Decision<br>making | Good<br>Communication |
| Share<br>Feelings | Co-operation                | <b>FREE</b>           | Separate<br>Entities         | Encouragement         |
| Trust             | Renewal of<br>Relationships | Respect               | Understanding                | Commitment            |
| Equality          | Acceptance                  | Patience              | Celebrate<br>together        | Effort                |