

B	I	N	G	O
Use polite words	Apologize when a boundary is crossed.	Honesty	Thoughtful	Share Feelings
Express needs calmly	Use active listening skills	Support	Ask for help when overwhelmed	Use "I feel" statements
Use positive reinforcement	Ask for permission before borrowing	FREE	Respect other peoples personal space	Respect "No"/"STOP"
Understanding	Set clear boundaries	Take a self-care break	Patience	Shared Decision making
Enforce personal boundaries without guilt	Trust	Fight Fair	Wait your turn to speak	Good Communication

B	I	N	G	O
Use positive reinforcement	Wait your turn to speak	Ask for help when overwhelmed	Set clear boundaries	Express needs calmly
Thoughtful	Respect "No"/"STOP"	Honesty	Shared Decision making	Ask for permission before borrowing
Respect other peoples personal space	Apologize when a boundary is crossed.	FREE	Patience	Take a self-care break
Good Communication	Use polite words	Fight Fair	Understanding	Enforce personal boundaries without guilt
Share Feelings	Respect	Use "I feel" statements	Support	Use active listening skills

B	I	N	G	O
Understanding	Patience	Use positive reinforcement	Good Communication	Thoughtful
Trust	Use "I feel" statements	Wait your turn to speak	Set clear boundaries	Ask for permission before borrowing
Take a self-care break	Ask for help when overwhelmed	FREE	Respect other peoples personal space	Honesty
Respect	Share Feelings	Enforce personal boundaries without guilt	Apologize when a boundary is crossed.	Use polite words
Use active listening skills	Support	Respect "No"/"STOP"	Shared Decision making	Fight Fair