

B	I	N	G	O
"You look nice"	"Family is everything"	"worries about your mental health"	discouraging comments	Passive aggressive commentary regarding life choices
"When I die then you will realize"	plays the victim	Veiled attempts of interest in life	"I never said that"	compares you to someone else
gossiping about family members	"You're overreacting"	Awkward silence -"free space"	"It's all in your head"	Discussion of who's dead and if you remember them
Gaslighting	disrespected boundaries	Guilt trip for not spending more time with them	Crying	Stoke the sibling rivalry fire
Comments on weight	"Well I'm just a terrible mother"	accuses you of being manipulative	"You're too sensitive"	"You do nothing for this family"

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