

B	I	N	G	O
Compromise	Count to 100	Headaches	Stuff it In	Withdraw
Blame	Count to 50	Shake	Take Responsibility	Think of Something Funny
Apologize	Fast Heart Beat	FREE	Talk it out	Write
Choice Words	Establish Ground rules	Sandwich them in Model	Take Deep Breaths	Use I Statements
Come back to it later	Exercise	Insure my Safety	Shapers	Think Angry Thoughts

B	I	N	G	O
Choice Words	Exercise	Red Face	Shapers	Withdraw
Apologize	Fast Heart Beat	Insure my Safety	Take Deep Breaths	Write
Compromise	Fight	FREE	Take Responsibility	Walk Away
Blame	Establish Ground rules	Imagine Peaceful stuff	Stuff it In	Think Angry Thoughts
Ask Questions	Count to 50	Sandwich them in Model	Talk to someone	Think of Something Funny

B	I	N	G	O
Compromise	Count to 100	Sandwich them in Model	Stuff it In	Walk Away
Ask Questions	Count to 50	Shake	Talk to someone	Think Angry Thoughts
Blame	Fight	FREE	Shapers	Write
Choice Words	Establish Ground rules	Imagine Peaceful stuff	Take Responsibility	Use I Statements
Avoid Dangerous Situations	Exercise	Red Face	Talk it out	Think of Something Funny