

B	I	N	G	O
be Truthful	Appear	Express	Stick to your values	Physical Boundary
DEAR MAN	be Gentle	Self-Respect Effectiveness	Assert	act Interested
Assertive Communication	Relationship Effectiveness	FREE	Mindful	be Fair
Negotiate	Validate	Objective Effectiveness	Show u understand their feelings	GIVE
FAST	Reinforce	Be respectful. No threats.	Boundaries	Use humor smile be easy-going

B	I	N	G	O
Listen & make eye contact	Assertive Communication	Mindful	be Gentle	Assert
be Truthful	be Fair	Relationship Effectiveness	Stick to your values	Reinforce
Negotiate	Physical Boundary	FREE	DEAR MAN	Express
Self-Respect Effectiveness	don't over-Apologize	Use humor smile be easy-going	Validate	Be respectful. No threats.
Boundaries	Show u understand their feelings	Appear	Objective Effectiveness	use an Easy manner

B	I	N	G	O
don't over-Apologize	Describe	Assertive Communication	Use humor smile be easy-going	DEAR MAN
Relationship Effectiveness	Emotional Boundary	use an Easy manner	Assert	be Truthful
Objective Effectiveness	Boundaries	FREE	Stick to your values	Mindful
Express	Listen & make eye contact	Appear	FAST	Reinforce
Show u understand their feelings	be Gentle	Validate	Negotiate	act Interested