

B	I	N	G	O
Stay calm	Adapt	Active Listening	Body language	Passive
No Yelling	Be honest	Speak clearly	Observe	Sensitive to self
Take a time out	Aggressive	FREE	Non-verbal ques	Good Posture
Healthy coping skills	Reflect	No Degrading Language	Open minded	Respect others
Empathetic	No stonewalling	Compromise	Appearance	Affirmation

B	I	N	G	O
Sensitive to self	Appearance	Practice	Good Posture	Aggressive
Healthy coping skills	Speak clearly	Affirmation	Take a time out	Adapt
Non-verbal ques	Passive	FREE	No stonewalling	I statements
No Yelling	Be honest	Body language	One issue at a time	Tone of voice
Observe	Reflect	Assertive	Open minded	Active Listening

B	I	N	G	O
No Degrading Language	Be honest	Non-verbal ques	Stay calm	Appearance
You statements	Tone of voice	Be kind	Affirmation	Passive
Observe	Be patient	FREE	Adapt	Take a time out
No Yelling	Assertive	Healthy coping skills	Body language	Aggressive
Good Posture	Empathetic	Open minded	One issue at a time	Reflect