

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

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

B	I	N	G	O
Relationship Effectiveness	Describe	Show u understand their feelings	Express	Assertive Communication
Assert	use an Easy manner	don't over-Apologize	DEAR MAN	be Gentle
Emotional Boundary	Validate	FREE	Objective Effectiveness	Stick to your values
Reinforce	Negotiate	Mindful	Be respectful. No threats.	act Interested
Boundaries	be Fair	Physical Boundary	FAST	Self-Respect Effectiveness