

B	I	N	G	O
Thinking others know best	Assuming others won't care	Fear of conflict	Passive communication	Minimizing own feelings
Embarrassed by emotions	Thinking it's selfish	Not being taken seriously	Avoiding eye contact	Over-apologizing
Struggling with boundaries	Wanting to please others	FREE	Cultural expectations	Fear of rejection
Lack of practice	Speaking too softly	Low confidence	Fear of misunderstanding	Nervous about feedback
Fear of confrontation	Difficulty saying "no"	Not knowing what to say	Worrying about tone	FREE SPACE

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Struggling with boundaries	FREE SPACE	FREE	Speaking too softly	Fear of misunderstanding
Wanting to please others	Over-apologizing	Passive communication	Worrying about tone	Fear of conflict
Fear of rejection	Assuming others won't care	Not being taken seriously	Embarrassed by emotions	Fear of confrontation