

B	I	N	G	O
Use positive reinforcement	Apologize when a boundary is crossed.	Good Communication	Trust	Set clear boundaries
Enforce personal boundaries without guilt	Use active listening skills	Support	Ask for help when overwhelmed	Use a serious tone
Ask for permission before borrowing	Respect other peoples personal space	FREE	Respect "No" / "STOP"	Use "I feel" statements
Say NO	Thoughtful	Patience	Share Feelings	Honesty
Be direct	Beware of red flags	Shared Decision making	Express needs calmly	Take a self-care break

B	I	N	G	O
Wait your turn to speak	Understanding	Thoughtful	Support	Use "I feel" statements
Be direct	Beware of red flags	Take a self-care break	Share Feelings	Enforce personal boundaries without guilt
Shared Decision making	Ask for help when overwhelmed	FREE	Respect other peoples personal space	Apologize when a boundary is crossed.
Set clear boundaries	Use positive reinforcement	listen to your gut	Express needs calmly	Ask for permission before borrowing
Trust	Fight Fair	Respect "No"/"STOP"	Good Communication	Patience

B	I	N	G	O
Shared Decision making	Enforce personal boundaries without guilt	Thoughtful	Take a self-care break	Fight Fair
Ask for help when overwhelmed	listen to your gut	Good Communication	Wait your turn to speak	Use polite words
Express needs calmly	Use "I feel" statements	FREE	Say NO	Trust
Apologize when a boundary is crossed.	Beware of red flags	Share Feelings	Respect "No" / "STOP"	Respect
Use positive reinforcement	Ask for permission before borrowing	Use a serious tone	Be direct	Use active listening skills