B	I	N	G	O
Use positive reinforcement	Apologize when a boundary is crossed.	0	Fight Fair	Trust
Set clear boundaries	Beware of red flags	Use active listening skills	Support	Enforce personal boundaries without guilt
Thoughtful	Use a serious tone	**FREE**	Ask for permission before borrowing	Shared Decision making
Respect	Respect other peoples personal space	Understanding	Say NO	Take a self-care break
Use "I feel" statements	Patience	Honesty	Share Feelings	Good Communication

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B	I	N	G	O
Ask for permission before borrowing	Be direct	Shared Decision making	Set clear boundaries	Say NO
Ask for help when overwhelmed	Use a serious tone	Trust	Respect	Respect other peoples personal space
Use active listening skills	Apologize when a boundary is crossed.	**FREE**	Use positive reinforcement	Share Feelings
Respect"No"/"STOP"	Enforce personal boundaries without guilt	Good Communication	Take a self-care break	Wait your turn to speak
Thoughtful	Support	Use "I feel" statements	Beware of red flags	0

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B	I	N	G	O
Say NO	Beware of red flags	Shared Decision making	Use polite words	Ask for permission before borrowing
listen to your gut	Wait your turn to speak	Enforce personal boundaries without guilt	Ask for help when overwhelmed	Trust
Support	Fight Fair	**FREE**	Apologize when a boundary is crossed.	Use positive reinforcement
Set clear boundaries	Thoughtful	Respect other peoples personal space	Respect	Honesty
Take a self-care break	Use "I feel" statements	Respect"No"/"STOP"	0	Be direct

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