

B	I	N	G	O
Used active listening	Accepted different opinions	Changed conversation	Made a request	Expressed positive emotions
Asked for a favor	Stood up for what you believe	Felt powerful	Advocated for someone else	Held a firm boundary
Started a conversation	Used an "I" statement	FREE	Advocated for yourself	Ended a conversation
Expressed disagreement respectfully	Maintained eye contact	Expressed negative emotions	Directly addressed a problem	Felt confident
Chose to be kind	Asked for Help	Followed through on a commitment	Was honest with someone	Calmly said no

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Used an "I" statement	Advocated for someone else	Made a request	Asked for a favor	Felt powerful
Changed conversation	Was honest with someone	Expressed positive emotions	Asked for Help	Held a firm boundary
Expressed disagreement respectfully	Advocated for yourself	FREE	Ended a conversation	Accepted different opinions
Directly addressed a problem	Followed through on a commitment	Used active listening	Calmly said no	Maintained eye contact
Expressed negative emotions	Felt confident	Started a conversation	Stood up for what you believe	Chose to be kind

B	I	N	G	O
Asked for Help	Followed through on a commitment	Advocated for someone else	Felt confident	Advocated for yourself
Used active listening	Expressed disagreement respectfully	Expressed negative emotions	Stood up for what you believe	Expressed positive emotions
Started a conversation	Calmly said no	FREE	Maintained eye contact	Directly addressed a problem
Used an "I" statement	Held a firm boundary	Made a request	Was honest with someone	Changed conversation
Ended a conversation	Accepted different opinions	Felt powerful	Asked for a favor	Chose to be kind