B	I	N	G	O
Wait your turn to speak	Ask for help when overwhelmed	Apologize when a boundary is crossed.	Honesty	Understanding
Share Feelings	Enforce personal boundaries	Use polite words	Take a self-care break	Express needs calmly
Trust	Use active listening skills	**FREE**	Be direct	Support
Respect other peoples personal space	Respect"No"/"STOP"	Use "I feel" statements	Set clear boundaries	Thoughtful
Use a serious tone	Respect	Patience	Shared Decision making	Listen to directions the first time

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B	I	N	G	O
Be direct	Beware of personal space	Support	Share Feelings	Set clear boundaries
Ask for permission before borrowing	Use active listening skills	Understanding	Respect other peoples personal space	Respect"No"/"STOP"
Use polite words	Ask for help when overwhelmed	**FREE**	Wait your turn to speak	Shared Decision making
Say NO	Express needs calmly	Listen to directions the first time	Thoughtful	listen to your gut
Trust	Take a self-care break	Use a serious tone	Enforce personal boundaries	Apologize when a boundary is crossed.

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B	I	N	G	O
Set clear boundaries	Enforce personal boundaries	Support	Use positive reinforcement	Be direct
without guilt	listen to your gut	Express needs calmly	Ask for permission before borrowing	Understanding
Take a self-care break	Honesty	**FREE**	Ask for help when overwhelmed	Wait your turn to speak
Share Feelings	Trust	Respect"No"/"STOP"	Respect other peoples personal space	Patience
Thoughtful	Use a serious tone	Say NO	Apologize when a boundary is crossed.	Beware of personal space

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