

B	I	N	G	O
Take a time out if needed	"I" Statements	Be patient with yourself	Reflecting	Interruption
Assertive Communication	Speak Clearly	No Yelling	"You" statements	Observant more than reactive
Sensitive to self and others	Use healthy coping skills	FREE	Active Listen	Express feelings with words
Express yourself honestly and kindly	Respectful to others	Eye Contact	Discuss one issue at a time	No Negative Language
Direct Communication	Aggressive Communication	Non-Assertive Communication	Wise calm collected	Attempt a compromise

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Use healthy coping skills	"You" statements	Reflecting	Assertive Communication	No Yelling
Be patient with yourself	Wise calm collected	Interruption	Aggressive Communication	Observant more than reactive
Express yourself honestly and kindly	Active Listen	FREE	Express feelings with words	"I" Statements
Discuss one issue at a time	Non-Assertive Communication	Take a time out if needed	Attempt a compromise	Respectful to others
Eye Contact	No Negative Language	Sensitive to self and others	Speak Clearly	Direct Communication

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Aggressive Communication	Non-Assertive Communication	"You" statements	No Negative Language	Active Listen
Take a time out if needed	Express yourself honestly and kindly	Eye Contact	Speak Clearly	Interruption
Sensitive to self and others	Attempt a compromise	FREE	Respectful to others	Discuss one issue at a time
Use healthy coping skills	Observant more than reactive	Reflecting	Wise calm collected	Be patient with yourself
Express feelings with words	"I" Statements	No Yelling	Assertive Communication	Direct Communication