

B	I	N	G	O
Use positive reinforcement	Ask for help when overwhelmed	Apologize when a boundary is crossed.	Good Communication	Trust
Set clear boundaries	Enforce personal boundaries	Use active listening skills	Support	Express needs calmly
Thoughtful	Use a serious tone	FREE	Be direct	Shared Decision making
Respect	Respect other peoples personal space	Understanding	Say NO	Take a self-care break
Use "I feel" statements	Patience	Listen to your gut	Share Feelings	Honesty

B	I	N	G	O
Be direct	Beware of red flags	Shared Decision making	Set clear boundaries	Say NO
Ask for permission before borrowing	Use a serious tone	Trust	Respect	Respect other peoples personal space
Use active listening skills	Ask for help when overwhelmed	FREE	Use positive reinforcement	Share Feelings
Respect "No"/"STOP"	Express needs calmly	Honesty	Take a self-care break	Wait your turn to speak
Thoughtful	Support	Use "I feel" statements	Enforce personal boundaries	Apologize when a boundary is crossed.

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