B	I	N	G	O
Use healthy coping skills	Aggressive Communication	Express feelings with words	Respectful to others	No Yelling
Direct Communication	Take a time out if needed	Observant more than reactive	Assertive Communication	Speak clearly
Wise calm collected	Attempt a compromise	**FREE**	Non Assertive Communication	I statements
Be patient with yourself	Maintain healthy relationships	Respond don't react	No Degrading Language	Reflecting
Sensitive to self and others	Eye Contact	Express yourself honestly and kindly	No stonewalling	Be aware of non-verbal cues

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B	I	N	G	O
Non Assertive Communication	No Yelling	Attempt a compromise	Speak clearly	Be aware of non-verbal cues
Respond don't react	I statements	Maintain healthy relationships	Take a time out if needed	Assertive Communication
Wise calm collected	Respectful to others	**FREE**	No stonewalling	Direct Communication
Express feelings with words	Observant more than reactive	Sensitive to self and others	Be patient with yourself	Reflecting
Aggressive Communication	Use healthy coping skills	You statements	Discuss one issue at a time	Express yourself honestly and kindly

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B	I	N	G	O
Non Assertive Communication	Direct Communication	Reflecting	Discuss one issue at a time	Assertive Communication
Aggressive Communication	You statements	Express feelings with words	Wise calm collected	Be patient with yourself
Take a time out if needed	Sensitive to self and others	**FREE**	No Degrading Language	Respectful to others
Be aware of non-verbal cues	No stonewalling	Maintain healthy relationships	I statements	Attempt a compromise
Speak clearly	No Yelling	Express yourself honestly and kindly	Observant more than reactive	Use healthy coping skills

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