

B	I	N	G	O
Tries to make you look bad	"Forgets" previously-stated boundaries	Fakes sympathy to get what they want	Sense of entitlement	Manipulates via victimhood
Criticises others for her own traits	Thinks they are either the queen of the world or the eternal victim	Only hears what they want to hear	Changes subject if called out on behaviour	Sees other people as tools or extension of themselves
Thinks their contribution or opinion is essential	Wants you to praise them for doing the bare minimum	FREE	Coercion of any kind	Knowingly accuses you of things you didn't do or puts words in your mouth
Love bombing	Silent treatment or subtle punishments	Makes everything about them	Inappropriate personal comments	Non apologies or deflecting
Gaslighting	Controlling behaviour	Passive aggressive comments	Wears a mask in public and makes people around you think they're a nice person	Empty promises or lies

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