

B	I	N	G	O
Tries to make themselves look good - usually at someone else's expense	"Forgets" previously-stated boundaries or likes & dislikes	Fakes sympathy to get what they want	Sees other people as tools or extensions of themselves	Makes everything about them
Criticises others for their own traits	Thinks they are either the queen of the world or the eternal victim	Non apologies or deflecting for their behaviour	All the excuses for why they can't do activities or haven't succeeded in life	Passive aggressive comments
Silent treatment &/or subtle punishments	Wants you to praise them for doing the bare minimum	FREE	Changes subject if called out on their behaviour	Inappropriate personal comments -especially to or in front of children
Knowingly accuses you of things you didn't do or puts words in your mouth	Sense of entitlement	Makes comments about others' weight	Golden child can do no wrong	Makes sure you know the cost of gifts and how much effort they took
Gaslighting and fiercely-defended false memories	Coercion and gifts-with-strings	Only hears what they want to hear	Wears a mask in public and makes people around you think they're a nice person	Empty promises or lies

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