

B	I	N	G	O
Straight Talker	"I" Statement	Eye-Contact Champ	Refused extra work politely	Passive-Aggressive
Boundary Builder	Spoke up when something felt unfair	Personal Needs	Active Listening	Self-Respect Flex
Thankful	Aggressive	No Over-Explaining	Opinion Owner	Satisfying Needs
Passive Listening	Powerful	Identifying Emotions	Pause-Before-Yes	Asking for Help
Respect First	Corrected someone respectfully	Understanding Perspectives	Effective Communication	Kind but Clear

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Thankful	Aggressive	Self-Respect Flex	Active Listening	Asking for Help
Effective Communication	Satisfying Needs	No Over-Explaining	Passive-Aggressive	Powerful
Boundary Builder	Eye-Contact Champ	Personal Needs	Pause-Before-Yes	Straight Talker
Passive Listening	Corrected someone respectfully	Spoke up when something felt unfair	Identifying Emotions	Refused extra work politely
Respect First	Understanding Perspectives	Kind but Clear	"I" Statement	Opinion Owner

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Satisfying Needs	Pause-Before-Yes	Corrected someone respectfully	Effective Communication	Identifying Emotions
Asking for Help	Kind but Clear	Boundary Builder	No Over-Explaining	Straight Talker
Passive Listening	Respect First	Personal Needs	Aggressive	Spoke up when something felt unfair
Thankful	Powerful	Understanding Perspectives	Active Listening	"I" Statement
Opinion Owner	Self-Respect Flex	Refused extra work politely	Eye-Contact Champ	Passive-Aggressive