

B	I	N	G	O
use polite words	Use "I Feel" statements	fight fair	thoughtful	respect other peoples personal space
enforce personal boundaries without guilt	use active listening skills	shared decision making	apologize when a boundary is crossed.	take a self-care break
understanding	use positive reinforcement	FREE	ask for help when overwhelmed	patience
respect	trust	respect "no"/"stop"	honesty	set clear boundaries
good communication	ask for permission before borrowing	support	wait your turn to speak	express needs calmly

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respect	ask for help when overwhelmed	FREE	patience	Use "I Feel" statements
honesty	support	use polite words	express needs calmly	trust
respect "no"/"stop"	set clear boundaries	understanding	use active listening skills	good communication

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ask for permission before borrowing	support	apologize when a boundary is crossed.	set clear boundaries	ask for help when overwhelmed
use polite words	respect	respect "no"/"stop"	use active listening skills	respect other peoples personal space
understanding	express needs calmly	FREE	trust	honesty
use positive reinforcement	take a self-care break	thoughtful	wait your turn to speak	fight fair
patience	Use "I Feel" statements	shared decision making	enforce personal boundaries without guilt	good communication