

B	I	N	G	O
Walk Away	Apologize	Count to 50	Talk it out	Sandwich them in Model
Compromise	Use I Statements	Stuff it In	Ask Questions	Take Responsibility
Think of Something Funny	Withdraw	FREE	Avoid Dangerous Situations	Fight
Imagine Peaceful stuff	Talk to someone	Insure my Safety	Exercise	Shapers
Establish Ground rules	Blame	Take Deep Breaths	Write	Count to 100

B	I	N	G	O
Withdraw	Ask Questions	Talk it out	Compromise	Stuff it In
Count to 50	Write	Sandwich them in Model	Blame	Take Responsibility
Imagine Peaceful stuff	Avoid Dangerous Situations	FREE	Fight	Apologize
Exercise	Take Deep Breaths	Walk Away	Count to 100	Talk to someone
Insure my Safety	Shapers	Think of Something Funny	Use I Statements	Establish Ground rules

B	I	N	G	O
Blame	Take Deep Breaths	Ask Questions	Shapers	Avoid Dangerous Situations
Walk Away	Imagine Peaceful stuff	Insure my Safety	Use I Statements	Sandwich them in Model
Think of Something Funny	Count to 100	FREE	Talk to someone	Exercise
Withdraw	Take Responsibility	Talk it out	Write	Count to 50
Fight	Apologize	Stuff it In	Compromise	Establish Ground rules