

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

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

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