

B	I	N	G	O
Walk Away	Ask Questions	Apologize	Count to 50	Take Responsibility
Red Face	Come back to it later	Think of Something Funny	Shapers	Compromise
Take Deep Breaths	Think Angry Thoughts	FREE	Blame	Shake
Fight	Headaches	Talk it out	Insure my Safety	Stuff it In
Talk to someone	Fast Heart Beat	Exercise	Sandwich them in Model	Establish Ground rules

B	I	N	G	O
Blame	Choice Words	Shake	Red Face	Insure my Safety
Avoid Dangerous Situations	Think Angry Thoughts	Take Responsibility	Fight	Headaches
Think of Something Funny	Ask Questions	FREE	Walk Away	Sandwich them in Model
Imagine Peaceful stuff	Compromise	Establish Ground rules	Stuff it In	Withdraw
Take Deep Breaths	Shapers	Talk to someone	Come back to it later	Apologize

B	I	N	G	O
Insure my Safety	Come back to it later	Shake	Use I Statements	Blame
Write	Withdraw	Compromise	Avoid Dangerous Situations	Take Responsibility
Shapers	Count to 50	FREE	Ask Questions	Walk Away
Red Face	Take Deep Breaths	Headaches	Fight	Exercise
Stuff it In	Talk to someone	Imagine Peaceful stuff	Apologize	Choice Words