

B	I	N	G	O
superior	I'm ok you're ok	I statements	boundaries	polite
frustration	assertive	submissive	negative	I'm ok you're not
passive-aggressive	respect	FREE	temper	aggressive
manipulation	drugs	self-talk	family	resentment
friends	passive	damage d	consequences	lying

B	I	N	G	O
family	co-dependent	aggressive	alcohol	manipulation
know it all	frustration	I'm ok you're not	self-talk	polite
depression	drugs	FREE	submissive	temper
I'm ok you're ok	lying	assertive	passive	validation
relaxed	passive-aggressive	negative	resentment	anxiety

B	I	N	G	O
passive	know it all	assertive	passive-aggressive	lying
I'm ok you're ok	depression	I statements	frustration	superior
alcohol	walls	FREE	validation	attitude
I'm ok you're not	polite	manipulation	beliefs	temper
anxiety	family	boundaries	aggressive	consequences