

B	I	N	G	O
Talk about it	Anger	ABC of Anger	Counseling	Powerless
Jealous	Compromise	Stressed	Mad	Shy
Temper	Apologizing	FREE SPACE!	Listen	Draw
Exercise	Read	Group Pressure	Negotiate	Seeing Red
Cues	Journal	Count to 10	Blame	Anxiety

B	I	N	G	O
Shy	Blame	Rage	Draw	Apologizing
Exercise	Stressed	Anxiety	Temper	Anger
Listen	Powerless	FREE SPACE!	Journal	Express
Jealous	Compromise	Counseling	Making it Right	Walk away
Mad	Read	Communication	Negotiate	ABC of Anger

B	I	N	G	O
Group Pressure	Compromise	Listen	Talk about it	Blame
Yell	Walk away	Control	Anxiety	Powerless
Mad	Cool down	FREE SPACE!	Anger	Temper
Jealous	Communication	Exercise	Counseling	Apologizing
Draw	Cues	Negotiate	Making it Right	Read