B	I	N	G	O
Venting	Anger	Draw	Rules	Listen
Counseling	Temper	Relaxation	Assertive	Rest
Talk about it	Communication	FREE SPACE!	Relax	Exercise
Express	Solutions	Journal	Respect	Stomp
Emotions	Eat Healthy	Read	Compromise	Cool down

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B	I	N	G	O
Relax	Listen	Communication	Talk about it	Compromise
Rules	Exercise	Express	Temper	Assertive
Walk away	Read	FREE SPACE!	Counseling	Draw
Respect	Rest	Relaxation	Solutions	Cool down
Anger	Venting	Yell	Deep breathing	Eat Healthy

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B	I	N	G	O
Relax	Counseling	Respect	Deep breathing	Assertive
Anger	Yell	Walk away	Cool down	Temper
Count to 10	Solutions	FREE SPACE!	Journal	Rest
Read	Express	Exercise	Communication	Stomp
Compromise	Talk about it	Listen	Draw	Relaxation

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