B	I	N	G	O
Use I Statements	Ask Questions	Apologize	Ensure my Safety	Take Responsibility
Listen to music	Compromise	Think of consequences	Shake	Avoid Dangerous Situations
Take Deep Breaths	Think Angry Thoughts	**FREE**	Walk Away	Blame
Scream	Headaches	Think of Something Funny	Imagine Peaceful stuff	Talk to someone
List pros and cons	Stuff it In	Fast Heart Beat	Exercise	Red Face

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B	I	N	G	O
Imagine Peaceful stuff	Establish Ground rules	Blame	Choice Words	Scream
Meditate	Listen to music	Avoid Dangerous Situations	Think of Something Funny	Take Responsibility
Fight	Headaches	**FREE**	Think of consequences	Walk Away
Ask Questions	Red Face	Compromise	Stuff it In	Withdraw
Talk it out	Take Deep Breaths	Shake	Talk to someone	Come back to it later

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B	I	N	G	O
Stuff it In	Meditate	Compromise	Take Deep Breaths	Red Face
Ask Questions	Fight	Apologize	Listen to music	Use I Statements
Choice Words	Write	**FREE**	Withdraw	Count to 100
Avoid Dangerous Situations	Take Responsibility	Scream	Count to 50	Walk Away
Come back to it later	Imagine Peaceful stuff	Ensure my Safety	Blame	Exercise

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