B	I	N	G	O
Use healthy coping skills	Aggressive Communication	Discuss one issue at a time	Respectful to others	No Yelling
Be patient with yourself	Take a time out if needed	Non Assertive Communication	Assertive Communication	Reflecting
Speak clearly	Wise calm collected	**FREE**	Attempt a compromise	Eye Contact
I statements	Sensitive to self and others	No Degrading Language	Express yourself honestly and kindly	No stonewalling
Express feelings with words	Be aware of non-verbal ques	Observant more than reactive	You statements	Direct Communication

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B	I	N	G	O
Wise calm collected	Assertive Communication	Respectful to others	Be patient with yourself	Non Assertive Communication
Discuss one issue at a time	You statements	No Yelling	Be aware of non-verbal ques	Reflecting
I statements	Attempt a compromise	**FREE**	Eye Contact	Aggressive Communication
Express yourself honestly and kindly	Observant more than reactive	Use healthy coping skills	Direct Communication	Sensitive to self and others
No Degrading Language	No stonewalling	Speak clearly	Take a time out if needed	Express feelings with words

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B	I	N	G	O
Be aware of non-verbal ques	Observant more than reactive	Assertive Communication	No stonewalling	Attempt a compromise
Use healthy coping skills	I statements	No Degrading Language	Take a time out if needed	No Yelling
Speak clearly	Direct Communication	**FREE**	Sensitive to self and others	Express yourself honestly and kindly
Wise calm collected	Reflecting	Respectful to others	You statements	Discuss one issue at a time
Eye Contact	Aggressive Communication	Non Assertive Communication	Be patient with yourself	Express feelings with words

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