

B	I	N	G	O
Take a time out if needed	Assertive Communication	Express feelings with words	Observant more than reactive	No stonewalling
Direct Communication	Speak clearly	Non Passive Aggression Communication	Attempt a compromise	Sensitive to self and others
Use healthy coping skills	Be aware of non-verbal cues	FREE	I statements	No Degrading Language
Respectful to others	No Yelling	Non Passive Communication	Express yourself honestly and kindly	Non Aggressive Communication
Be patient with yourself	Reflecting	Discuss one issue at a time	Wise calm collected	Do not use You statements

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Use healthy coping skills	Wise calm collected	Attempt a compromise	No Yelling	Direct Communication
Observant more than reactive	No Degrading Language	Express feelings with words	Non Aggressive Communication	Be aware of non-verbal cues
I statements	Assertive Communication	FREE	Express yourself honestly and kindly	Non Passive Communication
Do not use You statements	Take a time out if needed	Discuss one issue at a time	Respectful to others	Be patient with yourself
No stonewalling	Eye Contact	Sensitive to self and others	Non Passive Aggression Communication	Speak clearly

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Respectful to others	Express yourself honestly and kindly	Use healthy coping skills	Do not use You statements	Observant more than reactive
Reflecting	Sensitive to self and others	Wise calm collected	No Yelling	Be aware of non-verbal ques
Non Passive Communication	Attempt a compromise	FREE	I statements	Express feelings with words
Eye Contact	No stonewalling	Be patient with yourself	Assertive Communication	Take a time out if needed
Speak clearly	Non Passive Aggression Communication	No Degrading Language	Non Aggressive Communication	Discuss one issue at a time