B	I	N	G	O
goal	Aggressive Communication	Express feelings with words	Wise calm collected	Respectful to others
Direct Communication	effort	Speak clearly	Assertive Communication	Use healthy coping skills
cooperate	problem solving	**FREE**	Attempt a compromise	No Degrading Language
No Yelling	assistance	Reflecting	Eye Contact	Sensitive to self and others
Express yourself honestly and kindly	Be aware of non-verbal ques	Take a time out if needed	support	Discuss one issue at a time

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B	I	N	G	O
problem solving	Assertive Communication	Wise calm collected	Direct Communication	Speak clearly
Express feelings with words	support	Respectful to others	Be aware of non-verbal ques	Use healthy coping skills
No Yelling	Attempt a compromise	**FREE**	No Degrading Language	Aggressive Communication
Eye Contact	Take a time out if needed	goal	Discuss one issue at a time	assistance
Reflecting	Sensitive to self and others	cooperate	effort	Express yourself honestly and kindly

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B	I	N	G	O
Be aware of non-verbal ques	Take a time out if needed	Assertive Communication	Sensitive to self and others	Attempt a compromise
goal	No Yelling	Reflecting	effort	Respectful to others
cooperate	Discuss one issue at a time	**FREE**	assistance	Eye Contact
problem solving	Use healthy coping skills	Wise calm collected	support	Express feelings with words
No Degrading Language	Aggressive Communication	Speak clearly	Direct Communication	Express yourself honestly and kindly

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