

|                        |                |                       |                  |                      |
|------------------------|----------------|-----------------------|------------------|----------------------|
| <b>B</b>               | <b>I</b>       | <b>N</b>              | <b>G</b>         | <b>O</b>             |
| Thoughtful             | Acceptance     | Commitment            | Respect          | Giving & Receiving   |
| Boundaries             | Support        | Honesty               | Active Listening | Positive Self-esteem |
| Shared Decision making | Trust          | Healthy Relationships | Appreciation     | Equality             |
| Fight Fair             | Share Feelings | Forgiveness           | Encouragement    | Good Communication   |
| Effort                 | Balance        | Patience              | Understanding    | Co-operation         |

|               |                       |                              |              |                         |
|---------------|-----------------------|------------------------------|--------------|-------------------------|
| <b>B</b>      | <b>I</b>              | <b>N</b>                     | <b>G</b>     | <b>O</b>                |
| Trust         | Active<br>Listening   | Respect                      | Boundaries   | Honesty                 |
| Commitment    | Understanding         | Giving &<br>Receiving        | Balance      | Positive<br>Self-esteem |
| Fight<br>Fair | Appreciation          | Healthy<br>Relationships     | Equality     | Acceptance              |
| Encouragement | Patience              | Thoughtful                   | Co-operation | Share<br>Feelings       |
| Forgiveness   | Good<br>Communication | Shared<br>Decision<br>making | Support      | Effort                  |

|                              |                         |                          |                       |                       |
|------------------------------|-------------------------|--------------------------|-----------------------|-----------------------|
| <b>B</b>                     | <b>I</b>                | <b>N</b>                 | <b>G</b>              | <b>O</b>              |
| Balance                      | Patience                | Active<br>Listening      | Good<br>Communication | Appreciation          |
| Thoughtful                   | Fight<br>Fair           | Forgiveness              | Support               | Giving &<br>Receiving |
| Shared<br>Decision<br>making | Co-operation            | Healthy<br>Relationships | Share<br>Feelings     | Encouragement         |
| Trust                        | Positive<br>Self-esteem | Respect                  | Understanding         | Commitment            |
| Equality                     | Acceptance              | Honesty                  | Boundaries            | Effort                |