B	I	N	G	O
Try to think of a solution together	Ask for someone else to help	Are you being fair?	Don't judge others opinions	See the other persons point of view
No screaming or kicking or fighting	Don't Interupt	Try seeing the good in people	Perhaps share progress with someone else	Be OK with mistakes
Say how you feel	Talking can lead to a solution	**FREE**	Understand the situation	Be honest
Let others speak	Listen to the other person	Stick to the agreement	No insults	Safety Awareness
Don't speak out of turn	Don't make things worse!	No telling of secrets	Be open	Pay attention

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B	I	N	G	O
No screaming or kicking or fighting	No insults	Be OK with mistakes	Treat people fairly	Be honest
See the other persons point of view	Let others speak	Be honest	Listen to the other person	Try seeing the good in people
Understand the situation	Ask for someone else to help	**FREE**	Perhaps share progress with someone else	No telling of secrets
Pay attention	No Distractions	Don't blame anyone	Don't judge others opinions	Remember who can help you in your recovery
Say how you feel	Take time to calm down	Be open	Safety Awareness	Don't Interupt

Comfort Agreement Bingo Card #2 of 3

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B	I	N	G	O
Safety Awareness	No telling of secrets	Pay attention	Ask for someone else to help	Let others speak
Are you being fair?	No insults	Don't Interupt	Try to think of a solution together	Be honest
Work out what each of you will do	Work Together	**FREE**	Don't blame anyone	Be OK with mistakes
See the other persons point of view	Perhaps share progress with someone else	Don't interrupt	Understand the situation	No screaming or kicking or fighting
Be open	Say how you feel	Listen to the other person	Don't judge others opinions	Be honest

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