

B	I	N	G	O
set goals	Ask Questions	Apologize	Imagine Peaceful stuff	dance
Think of Something Funny	Count to 50	remember my motivations	Withdraw	Avoid Dangerous Situations
comfort food	meditate	FREE	squeeze a stress ball	Blame
Take Deep Breaths	Take Responsibility	do yoga	Talk to someone	close my eyes and relax
Positive Thinking	Listen to Music	Use I Statements	Compromise	Walk Away

B	I	N	G	O
Think of Something Funny	Talk to someone	Avoid Dangerous Situations	reflect	Color
dance	Take Deep Breaths	Blame	Take Responsibility	remember my motivations
squeeze a stress ball	Ask Questions	FREE	Withdraw	Use I Statements
Walk Away	Talk it out	Exercise	Imagine Peaceful stuff	Write
comfort food	go for a walk	Compromise	close my eyes and relax	Count to 50

B	I	N	G	O
close my eyes and relax	Use I Statements	Walk Away	Ask Questions	Take Deep Breaths
Apologize	Talk to someone	Count to 50	set goals	Color
watch a movie	take a nap	FREE	Exercise	Avoid Dangerous Situations
dance	Withdraw	Fight	squeeze a stress ball	Think of Something Funny
Compromise	comfort food	Take Responsibility	Imagine Peaceful stuff	Blame