

B	I	N	G	O
threats	"I" statements	Rigid boundaries	powerless	eye contact
No thank you	speaks softly	guilt	Aggressive	over manipulation
respect	too nice	FREE	Assertive	denial
direct	puts others down	explode	deliver clear messages	firm
compromise	Mean	kindness	weak boundaries	Passive

B	I	N	G	O
too nice	Aggressive	powerless	No thank you	guilt
Rigid boundaries	weak boundaries	eye contact	Mean	over manipulation
direct	Assertive	FREE	denial	"I" statements
deliver clear messages	kindness	threats	Passive	puts others down
explode	firm	respect	speaks softly	compromise

B	I	N	G	O
Mean	kindness	Aggressive	firm	Assertive
threats	direct	explode	speaks softly	eye contact
respect	Passive	FREE	puts others down	deliver clear messages
too nice	over manipulation	powerless	weak boundaries	Rigid boundaries
denial	"I" statements	guilt	No thank you	compromise