

B	I	N	G	O
It's all your fault.	I am confident about who I am.	I frequently resort to the use of sarcasm.	I'm entitled.	I react instantly.
I don't know what my rights are.	I'm weak and resentful so I sabotage frustrate and disrupt.	I speak calmly honestly and to the point.	I am unable to stand up for my rights.	I will appear cooperative but I'm not.
I'm very impulsive when communicating with others.	Nobody owes me anything unless they've agreed to give it to me.	FREE	I can dominate and intimidate you.	I have difficulty acknowledging my anger.
I maintain good eye contact and respect others' personal boundaries.	I'm superior and right and you're inferior and wrong.	I prefer to mutter to myself rather than confront the person or issue in a respectful manner.	I have a low frustration tolerance.	I respect the rights of others even when they disagree.
I get stepped on by everyone.	I cannot control others but I can control myself.	I take ownership of my feelings.	People never consider my feelings.	I frequently criticize blame or attack others.

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