

B	I	N	G	O
Wise Calm Collected	Aggressive communication	Discuss on issue at a time	Sensitive to self and others	No Yelling
Be patient with yourself	Use healthy coping skills	Observant more than reactive	Assertive Communication	Respectful to others
Take a time out if needed	You statements	FREE!	Attempt a compromise	Eye contact
I statements	Speak Clearly	No Degrading language	Express yourself honestly and kindly	Non Assertive Communication
Express feelings with words	Be aware of non-verbal ques	Reflecting	no stonewalling	Direct communication

B	I	N	G	O
You statements	Assertive Communication	Sensitive to self and others	Be patient with yourself	Observant more than reactive
Discuss on issue at a time	no stonewalling	No Yelling	Be aware of non-verbal ques	Respectful to others
I statements	Attempt a compromise	FREE!	Eye contact	Aggressive communication
Express yourself honestly and kindly	Reflecting	Wise Calm Collected	Direct communication	Speak Clearly
No Degrading language	Non Assertive Communication	Take a time out if needed	Use healthy coping skills	Express feelings with words

B	I	N	G	O
Be aware of non-verbal ques	Reflecting	Assertive Communication	Non Assertive Communication	Attempt a compromise
Wise Calm Collected	I statements	No Degrading language	Use healthy coping skills	No Yelling
Take a time out if needed	Direct communication	FREE!	Speak Clearly	Express yourself honestly and kindly
You statements	Respectful to others	Sensitive to self and others	no stonewalling	Discuss on issue at a time
Eye contact	Aggressive communication	Observant more than reactive	Be patient with yourself	Express feelings with words