

B	I	N	G	O
Use healthy coping skills	Aggressive Communication	Express feelings with words	Reflecting	No stonewalling
Direct Communication	Take a time out if needed	Passive Communication	Assertive Communication	Speak clearly
Wise calm collected	Attempt a compromise	FREE	Observant more than reactive	I statements
Be patient with yourself	No Degrading Language	Respectful to others	No Yelling	Passive-Aggressive Communication
Sensitive to self and others	Eye Contact	Express yourself honestly and kindly	Non Verbal Cues	Be aware of non-verbal cues

B	I	N	G	O
Observant more than reactive	No stonewalling	Attempt a compromise	Speak clearly	Be aware of non-verbal ques
Respectful to others	I statements	No Degrading Language	Take a time out if needed	Assertive Communication
Wise calm collected	Reflecting	FREE	Non Verbal Cues	Direct Communication
Express feelings with words	Passive Communication	Sensitive to self and others	Be patient with yourself	Passive-Aggressive Communication
Aggressive Communication	Use healthy coping skills	You statements	Discuss one issue at a time	Express yourself honestly and kindly

B	I	N	G	O
Observant more than reactive	Direct Communication	Passive-Aggressive Communication	Discuss one issue at a time	Assertive Communication
Aggressive Communication	You statements	Express feelings with words	Wise calm collected	Be patient with yourself
Take a time out if needed	Sensitive to self and others	FREE	No Yelling	Reflecting
Be aware of non-verbal cues	Non Verbal Cues	No Degrading Language	I statements	Attempt a compromise
Speak clearly	No stonewalling	Express yourself honestly and kindly	Passive Communication	Use healthy coping skills