B	I	N	G	O
Voice	Aggressive	Active Listening	Eye movements	Soft spoken/quiet
Mirroring	Compromise	Unwilling to compromise	Passive	Appearance
Self Respect	Telephone	**FREE**	Voice/Tone	Body Gestures
Others needs/wants more important	Interrupts/does not listen	Communication	Letter Email	Stand up for rights
Listens without interrupting	Self Confidence	Talking face to face	Loud/overbearing	Head movements

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B	I	N	G	O
Telephone	Interrupts/does not listen	Good eye contact	Non-Verbal	Letter Email
Facial expressions	Body Movements	Both needs/wants important	Notes	My needs/wants more important
Loud/overbearing	Assertive	**FREE**	Body contact	Soft spoken/quiet
Lacks confidence	Unwilling to compromise	Voice/Tone	Texts	Appearance
Others needs/wants more important	Body Gestures	Compromise	Eye movements	Posture

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B	I	N	G	O
Willing to compromise	Sounds	Self Respect	Passive	Styles of communication
Body Movements	Both needs/wants important	Radio	My needs/wants more important	Compromise
Self Confidence	Non-Verbal	**FREE**	Notes	Aggressive
Instant Messaging	Active Listening	Mirroring	Voice	Body contact
clearly and calmly states needs	Written	Confident	Body Gestures	Soft spoken/quiet

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