

B	I	N	G	O
Verbal	Aggressive	Elements of Good Communication	Non-Verbal	Interrupts/does not listen
Both needs/wants important	Tone	Mirroring	Assertive	Styles of communication
Voice	Body Gestures	FREE	Head movements	I Feel Statements
Self Respect	Instant Messaging	Misinterpreted	Eye contact	Letter/Email
Body Movements	Passive	Communication	Written	Compromise

B	I	N	G	O
Voice	Written	Assertive	Instant Messaging	Both needs/wants important
Non-Verbal	I Feel Statements	Elements of Good Communication	Letter/Email	Body Gestures
Head movements	Aggressive	FREE	Eye contact	Misinterpreted
Compromise	Verbal	Communication	Self Respect	Body Movements
Interrupts/does not listen	Eye movements	Styles of communication	Mirroring	Tone

B	I	N	G	O
Self Respect	Eye contact	Voice	Compromise	Non-Verbal
Passive	Styles of communication	Written	Instant Messaging	Body Gestures
Misinterpreted	Assertive	FREE	Head movements	Elements of Good Communication
Eye movements	Interrupts/does not listen	Body Movements	Aggressive	Verbal
Tone	Mirroring	I Feel Statements	Letter/Email	Communication