

B	I	N	G	O
Take a time out if needed	Aggressive Communication	Discuss one issue at a time	Reflecting	No Yelling
Be patient with yourself	Speaking clearly	Observant more than reactive	Asking for help	Speak clearly
Use healthy coping skills	Assertive Communication	FREE	Non Assertive Communication	Eye Contact
Be aware of non-verbal cues	Listening	Respectful to others	No Degrading Language	Positive reinforcements
Sensitive to self and others	Express yourself honestly and kindly	Express feelings with words	No stonewalling	Attempt a compromise

B	I	N	G	O
Non Assertive Communication	No Yelling	Assertive Communication	Speak clearly	Attempt a compromise
Respectful to others	Eye Contact	Listening	Speaking clearly	Asking for help
Use healthy coping skills	Reflecting	FREE	No stonewalling	Be patient with yourself
Discuss one issue at a time	Observant more than reactive	Sensitive to self and others	Be aware of non-verbal ques	Positive reinforcements
Aggressive Communication	Take a time out if needed	Wise calm collected	Direct Communication	Express feelings with words

B	I	N	G	O
Non Assertive Communication	Be patient with yourself	Positive reinforcements	Direct Communication	Asking for help
Aggressive Communication	Wise calm collected	Discuss one issue at a time	Use healthy coping skills	Be aware of non-verbal ques
Speaking clearly	Sensitive to self and others	FREE	No Degrading Language	Reflecting
Attempt a compromise	No stonewalling	Listening	Eye Contact	Assertive Communication
Speak clearly	No Yelling	Express feelings with words	Observant more than reactive	Take a time out if needed