

B	I	N	G	O
XX	Calm	Positive Enquiry	XX	Understanding
Identifying Feelings	XX	XX	Empathy	XX
XX	Focus	Self Talk	Show Compassion	XX
Stuck Record	XX	Practice	Verbalise	Fogging
XX	Listening	XX	Negative Enquiry	Respect

B	I	N	G	O
XX	Focus	XX	Empathy	Fogging
Negative Enquiry	XX	Self Talk	Understanding	XX
Identifying Feelings	Positive Enquiry	XX	Verbalise	XX
Stuck Record	Listening	XX	Practice	XX
XX	XX	Respect	Calm	Show Compassion

B	I	N	G	O
XX	Verbalise	Listening	Negative Enquiry	Practice
Fogging	Respect	Identifying Feelings	Self Talk	XX
Stuck Record	XX	XX	Focus	XX
XX	XX	XX	Empathy	Calm
Show Compassion	XX	XX	Positive Enquiry	Understanding