Coping Skills Bingo

Show Them Ways to Say No	Acknowledge the Person's Feelings	Create a Problem-Solving Scenario	Remain Calm	Expect Responses
Be Playful Fun Loving & Friendly	Set Clear Boundaries	Keep focus of your positivity	Ask "How can it be better?"	Make alternative suggestions
Say "Tell me something positive."	Wait in Silence	**FREE**	Ask Open-Ended Questions	Do NOT Debate
Do NOT Get Defensive	Respect the Person	Do NOT ask more than they can do	Do NOT Counter-Attack	Help them prioritize
Do NOT Agree with the complaints	Ask clarifying question	Listen Attentively	Walk Away if Necessary	Be Supportive

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Coping Skills Bingo

Wait in Silence	Ask "How can it be better?"	Remain Calm	Be Playful Fun Loving & Friendly	Keep focus of your positivity
Create a Problem-Solving Scenario	Walk Away if Necessary	Expect Responses	Ask clarifying question	Make alternative suggestions
Do NOT Get Defensive	Ask Open-Ended Questions	**FREE**	Do NOT Debate	Acknowledge the Person's Feelings
Do NOT Counter-Attack	Listen Attentively	Show Them Ways to Say No	Be Supportive	Respect the Person
Do NOT ask more than they can do	Help them prioritize	Say "Tell me something positive."	Set Clear Boundaries	Do NOT Agree with the complaints

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Coping Skills Bingo

Ask clarifying question	Listen Attentively	Ask "How can it be better?"	Help them prioritize	Ask Open-Ended Questions
Show Them Ways to Say No	Do NOT Get Defensive	Do NOT ask more than they can do	Set Clear Boundaries	Expect Responses
Say "Tell me something positive."	Be Supportive	**FREE**	Respect the Person	Do NOT Counter-Attack
Wait in Silence	Make alternative suggestions	Remain Calm	Walk Away if Necessary	Create a Problem-Solving Scenario
Do NOT Debate	Acknowledge the Person's Feelings	Keep focus of your positivity	Be Playful Fun Loving & Friendly	Do NOT Agree with the complaints

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