

B	I	N	G	O
Take a time out if needed	Active listening	Direct Communication	Reflecting	I statements
Be aware of non-verbal cues	Speak clearly	No Yelling	Aggressive Communication	Observant more than reactive
Sensitive to self and others	Use healthy coping skills	FREE	Assertive Communication	Express yourself honestly and kindly
Eye Contact	Respectful to others	Focused eye contact	Express feelings with words	No Degrading Language
Discuss one issue at a time	Attempt a compromise	Non Assertive Communication	You statements	Be patient with yourself

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Use healthy coping skills	Aggressive Communication	Reflecting	Be aware of non-verbal cues	No Yelling
Direct Communication	You statements	I statements	Attempt a compromise	Observant more than reactive
Eye Contact	Assertive Communication	FREE	Express yourself honestly and kindly	Active listening
Express feelings with words	Non Assertive Communication	Take a time out if needed	Be patient with yourself	Respectful to others
Focused eye contact	No Degrading Language	Sensitive to self and others	Speak clearly	Discuss one issue at a time

B	I	N	G	O
Attempt a compromise	Non Assertive Communication	Aggressive Communication	No Degrading Language	Assertive Communication
Take a time out if needed	Eye Contact	Focused eye contact	Speak clearly	I statements
Sensitive to self and others	Be patient with yourself	FREE	Respectful to others	Express feelings with words
Use healthy coping skills	Observant more than reactive	Reflecting	You statements	Direct Communication
Express yourself honestly and kindly	Active listening	No Yelling	Be aware of non-verbal cues	Discuss one issue at a time