

B	I	N	G	O
Waits for others to finish speaking	Be aware of non-verbal cues	Express yourself honestly and kindly	Respectful to others	No Yelling
Discuss one issue at a time	Use healthy coping skills	Observant more than reactive	Be patient with yourself	Reflecting
Take a time out if needed	Willing to compromise	FREE	Clearly states needs and wants	Listens without interruption
No Degrading Language	Sensitive to self and others	No Judgment	I statements	No stonewalling
Eye Contact	Confident tone/body language	Recognizes others perspective	Wise calm collected	Express feelings with words

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No Degrading Language	Clearly states needs and wants	FREE	Listens without interruption	Be aware of non-verbal cues
I statements	Recognizes others perspective	Waits for others to finish speaking	Express feelings with words	Sensitive to self and others
No Judgment	No stonewalling	Take a time out if needed	Use healthy coping skills	Eye Contact

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Take a time out if needed	Express feelings with words	FREE	Sensitive to self and others	I statements
Willing to compromise	Reflecting	Respectful to others	Wise calm collected	Express yourself honestly and kindly
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