

B	I	N	G	O
Use healthy coping skills	Active Listening	Express feelings with words	Sensitive to self and others	No Yelling
Direct Communication	Take turns	Observant more than reactive	Attempt a compromise	Respectful to others
Take a time out if needed	Wise calm collected	FREE	Be aware of non-verbal cues	Following the golden rule
I statements	Speak clearly	No Degrading Language	Eye Contact	No stonewalling
Express yourself honestly and kindly	Be patient with yourself	Reflecting	You statements	Discuss one issue at a time

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Wise calm collected	Attempt a compromise	Sensitive to self and others	Direct Communication	Observant more than reactive
Express feelings with words	You statements	No Yelling	Be patient with yourself	Respectful to others
I statements	Be aware of non-verbal cues	FREE	Following the golden rule	Active Listening
Eye Contact	Reflecting	Use healthy coping skills	Discuss one issue at a time	Speak clearly
No Degrading Language	No stonewalling	Take a time out if needed	Take turns	Express yourself honestly and kindly

B	I	N	G	O
Be patient with yourself	Reflecting	Attempt a compromise	No stonewalling	Be aware of non-verbal cues
Use healthy coping skills	I statements	No Degrading Language	Take turns	No Yelling
Take a time out if needed	Discuss one issue at a time	FREE	Speak clearly	Eye Contact
Wise calm collected	Respectful to others	Sensitive to self and others	You statements	Express feelings with words
Following the golden rule	Active Listening	Observant more than reactive	Direct Communication	Express yourself honestly and kindly