

B	I	N	G	O
Use "I statements"	Assertive Communication	Express honestly and kindly	Sensitive to self and others	Never stonewalls
Expert Communicator	Take a time out if needed	Observant more than reactive	Attempt a compromise	Respectful to others
Speak clearly	Use healthy coping skills	FREE	Direct Communication	Is aware of non-verbal cues
Is patient with anyone	Smiles	Never Yells	Good listener	Non Assertive Communication
Eye Contact	Discuss one issue at a time	Reflecting	Wise calm collected	Express feelings with words

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Use healthy coping skills	Attempt a compromise	Sensitive to self and others	Expert Communicator	Observant more than reactive
Express honestly and kindly	Wise calm collected	Never stonewalls	Discuss one issue at a time	Respectful to others
Is patient with anyone	Direct Communication	FREE	Is aware of non-verbal cues	Assertive Communication
Good listener	Reflecting	Use "I statements"	Express feelings with words	Smiles
Never Yells	Non Assertive Communication	Speak clearly	Take a time out if needed	Eye Contact

B	I	N	G	O
Discuss one issue at a time	Reflecting	Attempt a compromise	Non Assertive Communication	Direct Communication
Use "I statements"	Is patient with anyone	Never Yells	Take a time out if needed	Never stonewalls
Speak clearly	Express feelings with words	FREE	Smiles	Good listener
Use healthy coping skills	Respectful to others	Sensitive to self and others	Wise calm collected	Express honestly and kindly
Is aware of non-verbal cues	Assertive Communication	Observant more than reactive	Expert Communicator	Eye Contact