

# BINGO

BEFORE YOU ENTER INTO A STRESSFUL SITUATION (I.E. VISIT FAMILY OF ORIGIN, WELCOME HOUSE GUESTS, TRAVEL WITH A GROUP, ETC), FILL OUT EVERY SCENARIO YOU CAN ANTICIPATE THAT MIGHT IRRITATE, OVERWHELM OR OTHERWISE INSPIRE A REACTION IN YOU.

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|  |  | BINGO |  |  |
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NEXT, BRAINSTORM "NEXT RIGHT ACTIONS" FOR EACH OPTION. THESE COULD INCLUDE "LET IT GO," IF IT IS SOMETHING A FAMILY MEMBER DOES THAT IRRITATES YOU, "GET MOM A SNACK," IF SHE GETS HANGRY DURING TRAVEL, OR "LOVINGLY CONFRONT" IF THE TOPIC IS A DEAL BREAKER FOR YOU.

# BINGO

IN THIS EXAMPLE, I'M PLANNING A ROAD TRIP WITH SOME FRIENDS & THEIR FAMILIES

|            |                               |                  |                                       |  |
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| OUT OF GAS | HOTEL HEAT & A/C DISAGREEMENT | POLITICAL DEBATE | KEN DECIDES TO TAKE A DIFFERENT ROUTE |  |
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|            |                               | BINGO            |                                       |  |
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