

Assertiveness BINGO!

The name of the game is assertiveness BINGO! It's like regular BINGO, but with fun assertiveness challenges! Mark which ones you've done! Horizontal, diagonal, vertical, around the board, it's all fair game! Now go out and be assertive!

Ask friends/peers to hang out	Direct communication with a family member	Be direct with someone you live with	Ask for a need to be met
Set a boundary	Agree to disagree	Follow through on self-care	Make a phone call instead of text messaging and practice direct communication
Say "no" to something/someone	State a preference	Direct communication with your treatment provider(s)	Be authentic self in at least one interaction with a peer
Direct communication with friends/peers	Tell someone they interrupted you and you weren't done speaking	Voice your needs and wants	Follow through on a committed action
Sit with discomfort for 5 mins	Contact a possible employer/college/program asking what qualities and skills they are looking for in a candidate	Write out list of relational needs and then prioritize them	Leave when you want to leave (a conversation, a gathering, etc.)

