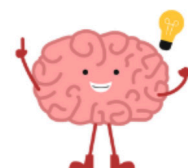


PIUS For Positive Communication



**Mental Health
Fitness Alliance**

PIUS For Positive Communication

The way you talk to your loved one sets the tone for how they respond/react to you. This **PIUS** process can help you develop communication skills that will also help you feel more helpful and less guilty!

P

Include **positive** statements in your conversation, and avoid negative comments.

I

Use **“I”** statements to help you communicate your needs and wishes – and do it without blaming, shaming, or criticizing the other person.

U

Listen and reflect back exactly what you’ve heard. This demonstrates to your loved one that you **understand** and respect their point of view (even if/when you might not agree with it).

S

Share your feelings & responsibility. There are always two sides to any conflict. When you demonstrate to your loved one that you understand and acknowledge your part in the problem, it can go a long way in breaking the cycle of conflict or misunderstanding.

One person’s boundary cannot make another person change. It may give them good reason to choose to change, but they always retain their own “power of choice.” We may not like it if they *choose* not to change, but we would do well to accept that they have a right to choose for themselves.

Your **“power of choice”** includes your ability to let them know how their behaviours are impacting you, and to offer them a chance to stop the damage to the relationship. You do this by taking responsibility for calmly, clearly, and consistently communicating your boundaries.



Planning A Conversation Using PIUS

What Specific Behaviour Do I Want To Address?

P

Positive Statements:

I

I Statements:

U

Understanding (Listen, Ask Questions, Reflect Back Exactly What You Hear):

S

Share And Accept Responsibility:

End The Conversation With A Positive Statement:





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Next Steps



Book a Call

For Better Mental Health



<https://calendly.com/mentalhealthfa>



Book a Therapy Session



<https://therapytips.org/therapists/tanya-macintyre>



Join Tanya on Insight Timer



<https://insighttimer.com/MindfulnessMentor>

