

PIUS FOR POSITIVE COMMUNICATION

The way you talk to your loved one sets the tone for how they either react or respond to you. This **PIUS** process can help you develop communication skills that will not only help you receive fewer reactions from your loved one, but also help you stop ruminating & living with regret.

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. Everyone has their own "perception" of everything. When you demonstrate to your loved one that you understand and acknowledge your part in the "perceived" problem, it can go a long way in breaking the cycle of conflict or misunderstanding.

The only thing we control is ourselves.
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 (or respect us the way we want them to respect us),
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 have/are impacting you, and let them know your limitations - without making any apologies.

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?

When would be a good time to have this conversation? (*Preferably when everyone is well fed and well rested.*)

Positive statements:

I statements:

Understanding (listen, ask questions, reflect back exactly what you hear):

Share and accept responsibility:

End the conversation with a positive statement:

I'm always happy to have a role-play conversation with you, so you can be more confident around using this tool effectively - to have conversations you may have been avoiding for too long.

*May the force be with you,
and remember...*

YOU are the force 🍷

Tanya | Recovery Specialist

Call | 519-616-3636

Email | mentalhealthfitnessalliance@gmail.com

Therapy | <https://calendly.com/mentalhealthfa>



Tanya MacIntyre
Mindfulness Mentor
& CBT Specialist



*Helping you manage your mind &
improve the quality of your life.*



Training Division of



mentalhealthFA.ca



redroofrecovery.ca