

PIUS FOR POSITIVE COMMUNICATION

The way you talk to people 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 people, but also help you stop ruminating & regretting what you think you should have or could have said.

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 the person 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 perceptions. When you can demonstrate to someone that you understand and acknowledge your part in the problem, it can go a long way in breaking the cycle of conflict or misunderstanding.

Setting healthy boundaries with people can be challenging. I prefer to call them "mutual respect lines."

The only thing we can control is ourselves. One person's boundary may give someone the motivation 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 people know your limitations - without making any apologies. You do this by taking responsibility for *calmly, clearly, and consistently communicating your boundaries.*

Use this Blueprint to Plan Conversations 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:

Remember, **YOU** are setting the parameters of your relationships with people. Decide what **YOU** want, and then say no to everything that isn't that.

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

YOU are the force 🍀

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Join us as we redefine what it means to be mentally fit.

*Because mental wellness isn't a destination...
it's a daily practice.*



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