

## 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 feel less guilty and more helpful.

**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.*

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**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 themselves & 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?

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

**P**ositive statements:

**I** statements:

**U**nderstanding (listen, ask questions, reflect back exactly what you hear): **S**hare 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 feel more confident around having the dialogue using **PIUS**.

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

**YOU** are the force 🍷

*Tanya*

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*A Combination of Mindfulness & CBT  
to guide you through powerful techniques  
to release old patterns and reset your mindset.*



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