

Use this in session to remind CSOs to practice positive communications.  
They can be used as a reminder when the CSO is at home with the IP and is struggling with communication

### **Guidelines for Positive Communication Skills**

- 1 Be brief.
- 2 Be positive.
- 3 Refer to specific behaviors.
- 4 Label your feelings.
- 5 Offer an understanding statement.
- 6 Accept partial responsibility.
- 7 Offer to help.

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