

Blatant Obvious Statement of Behaviour (BOSB)

BLBS is a practical tool for calmer communication and emotional awareness.

In moments of tension or miscommunication, our nervous system can quickly slip into defense mode — fight, flight or freeze. When this happens, it's easy for conversations to spiral into conflict or disconnection.

The Blatant Obvious Statement of Behaviour (BOSB) is a simple but powerful technique that helps bring awareness to what's happening in the moment, without blame, judgement or escalation. It gently names the behaviour being observed, offering space to pause and reflect.

What it sounds like

BOSBs are short, neutral statements. They describe what you can see or hear, not what you assume or feel.

Examples include:

- 'You just raised your voice.'
- 'You walked away from the table.'
- 'You haven't answered my question.'
- 'You looked away just now.'
- 'You've stopped speaking.'

Why it works

- It invites awareness, not defensiveness.
- It keeps the nervous system in a calm, reflective state.
- It opens a space for healthy repair.
- It avoids blame and supports mutual understanding.

Using BOSBs in your relationship

This technique is especially useful when one or both people feel emotionally charged. It can help pause the moment, allow for co-regulation, and create a pathway back into connection.

Try using it next time you feel things beginning to escalate. Focus on naming just what you see — not what you feel or fear it means.