

Positive Politeness Strategies in Podcast Interactions with Individuals Experiencing Dissociative Identity Disorder: A Pragmatic Study

 <https://doi.org/10.31004/jele.v11i4.2641>

*Bryan Raferty Antonio, Irman Nurhapitudin, Cipto Wardoyo^{abc}

¹²³Universitas Islam Negeri Sunan Gunung Djati Bandung, Indonesia

Corresponding author: rafertyantonio@gmail.com

A B S T R A C T

Positive politeness is a pragmatic strategy used to protect the hearer's positive face while fostering solidarity, mutual respect, and interpersonal rapport during interaction. Grounded in Brown and Levinson's (1978) politeness theory, this study investigates the types and functions of positive politeness strategies employed in the YouTube podcast episode *I Have Dissociative Identity Disorder* published by the MedCircle channel. The episode was selected because it discusses the sensitive topic of Dissociative Identity Disorder (DID), a complex mental health condition that requires careful and empathetic communication. This study employed a qualitative discourse analysis approach. The data consisted of utterances produced by the host, the guest speaker, and the guest speaker's alternate identities. The analysis identified 134 instances of positive politeness strategies. The most frequently used strategy was presupposing, asserting, or raising common ground (75 occurrences), whereas asserting or presupposing the speaker's knowledge of the hearer's wants and giving or asking for reasons each occurred only once. Four strategies – using in-group identity markers, offering, promising, being optimistic, and assuming reciprocity – were absent. Overall, the findings demonstrate that speakers predominantly relied on establishing common ground, expressing interest, and seeking agreement to facilitate supportive and empathetic communication when discussing sensitive mental health issues.

Keywords: *Positive Politeness, Dissociative Identity Disorder, Positive Politeness Strategy*

Article History:

Received 30th May 2026

Accepted 15th June 2026

Published 02nd July 2026



INTRODUCTION

Dissociative Identity Disorder, or do people call it DID for short. It is a psychiatric disorder diagnosed in approximately 1,5% of the global population. Dissociative Identity Disorder (DID), or previously referred to as Multiple Personality Disorder (MPD), is a complex and relatively rare mental disorder that is characterized by the existence of two or more different personality states or identities, each of them possessing different behavioral patterns, memories, and different ways of perspectives. Each of the identities can control individual behavior alternately, causing clear changes in attitudes, preferences, and abilities (Odang, 2023). The characterization is reflected in the existence of two or more separate personalities or dissociative identities, each of which has a distinct personal life of its own, also independently interprets their person and the surrounding environment (Burdzik & Burdzik, 2023). In this research, the data's topic is talking about DID through a podcast, a podcast is when thought, sound, and text blend, they can provide a life into dialogue, sparking an exchange of ideas that pure writing probably cannot achieve (Tidal, 2021). In which the conversation linguistically can be used and beneficial as a pragmatics research, because podcasts provide a wealth of spoken data, which is directly from the speakers' own thoughts, which is naturally a rich source for pragmatic analysis.

Pragmatics is the study of meaning conveyed by speakers (or writers) and interpreted by listeners (or readers) (Yule, 1996). Politeness Strategy is a way to employ a strategy within utterances to mitigate FTA (Levinson & Brown, 1987). FTA or Face Threatening Act, in the

Positive Politeness Strategies in Podcast Interactions with Individuals Experiencing Dissociative Identity Disorder: A Pragmatic Study context of politeness, is conceptualized as one's public self-image that individuals seek to maintain and preserve (Levinson & Brown, 1987), which possibly occurs when a speaker utters something that poses a threat to the hearer's self-image (Yule, 2010). So, when you want to put yourself in a conversation with someone, you need to demonstrate awareness and respect regarding the hearer's self-image, take their feelings into account, and evade face-threatening acts (FTAs) (Cutting, 2002). Another mentioned, politeness as a real-world goal interpreted as the desire to achieve satisfaction while demonstrating consideration for others (Wardoyo, 2017), then, the speaker who used a politeness strategy is to express his desires in a particular way that is rarely used in everyday language (Haniva et al., 2021). Consequently, the employment of a politeness strategy tends to keep the hearer's face. Face in the discussion of politeness strategies refers to the social aspect of the hearer's emotional identity that individuals maintain and wish to be acknowledged by the speakers (Kaulika et al., 2024).

In the podcast of MedCircle with a title "I Have Dissociative Identity Disorder", Kyle, as a host, invited Encina as a guest speaker. The writer previously mentioned in the podcast that Encina has been diagnosed with Dissociative Identity Disorder. She stated that a traumatic experience in the past is the biggest factor for someone to have DID. To support Encina's statement, Dorahy et al mentioned that someone who has assaulted or endured severely dysfunctional communication resulting in disorganized attachment may provide a foundation for DID. (Şar et al., 2017). Encina then admitted she had a traumatic experience when she was a child, because she was sexually abused by her father and, shockingly, by her father's friends too. Later, in her 20s, she found out that she had dissociative identity disorder. The video clearly explains and illustrates DID and is easy to understand for people who are just learning about it.

Some previous studies have analyzed positive politeness strategies in various contexts. In the education field, positive politeness was found to dominate classroom interactions, creating a warm and friendly atmosphere (Ni Kadek Ria Safitri & Sutrisna, 2022), while cultural influence was also highlighted, which found that non-Javanese students were the most users of such strategies compared to Javanese students (Surjowati, 2021). Then, in a media context, particularly a movie, was identified as a tool for building solidarity by marking an in-group code to lessen the social distance (Ni Made Budiartini et al., 2025), and in the same context of a movie, positive politeness is used to joking around and giving validation to the hearer (Fitri, 2022). These studies share a common focus on politeness strategies, particularly positive politeness strategies, in exploring how they build effective and respectful conversation, which in a way to minimize face threatening acts (FTAs). However, the data used were limited to classroom and movie contexts. The present study extends the context by identifying positive politeness strategies in a podcast that discusses Dissociative Identity Disorder (DID). Podcast provides valuable data, since it contains utterances that can be investigated linguistically on the employment of positive politeness strategies.

Positive politeness, as related to this research, is an action-based utterance that is oriented toward the addressee's positive face, namely the desire for one's wants to be regarded as desirable, valued, and recognized (Levinson & Brown, 1987). Another mentioned that positive politeness is a strategy that provides some positive value to the addressee (Leech, 2014). So, positive politeness tends to preserve hearer's positive face, which is an individual's desire to be admired, understood, and treated like a close one (Grundy, 2008). In the Brown and Levinson theory of politeness (1987), there are three major classes with a total of 15 strategies: claim common ground (8 strategies), convey that S and H are cooperators (6 strategies), and fulfill H's wants for some X (1 strategy).

There are two key factors affecting the choice of someone who employs positive politeness strategies, both of the factors are the payoffs: a priori considerations, which generally the use positive politeness is aimed to build a good connection to H, and the circumstances: sociological variables, considering social distance (D) between S and H familiarity in society, which affected by their interaction frequency and shared common things; relative power (P), refers to degree of authority among that belongs to H, which includes material control and metaphysical control; and ranking imposition (Rx), refers to a

rank of imposition that S asks that could threaten H's face, they are two aspects of imposing, the first one is of service (includes the availability of time), and the second one is of goods (including non-material goods, like information detail and H's face) (Levinson & Brown, 1987). These two factors essentially work together in choosing what positive politeness is suitable to use.

In this research, the researchers attempt to investigate what positive politeness strategies are used, and those two factors that work together in choosing strategies used, on the podcast entitled "I Have Dissociative Identity Disorder" by MedCircle on the YouTube platform, and how positive politeness is conducted in strategies to preserve both the host and the guest speaker in a conversation, especially on sensitive topics. To analyze the research, the writer uses politeness strategies, particularly positive politeness strategies by Brown and Levinson's (1987) theory, in maintaining harmonious conversation, by means of expressing empathy, cooperativeness, and mutual understanding, which leads to preserving both faces.

METHOD

This research was conducted by using a qualitative research method, which is an effective way for gathering particular information about individuals' values, perspectives, behaviors, and the social context (Mack et al., 2005). Also mentioned, qualitative research is used to explore and comprehend the meanings that individuals or groups attach to social phenomena (Creswell, 2009). Then, this research also employs a qualitative method, which is to conduct research by doing observation, interview, and other methods to collect data of people's words or behaviors that result in descriptive data (Taylor et al., 2016). The qualitative method involves in-depth exploration with several cases or individuals (Creswell, 2009).

A YouTube video has been found for this research, with a title "I Have Dissociative Identity Disorder" by a channel named MedCircle. MedCircle is a channel that was created in 2016 with 1.69 million subscribers on YouTube. The channel discusses mental health topics, providing a clear explanation of the most complicated topics of mental health. As we know, mental health has become a concern for many people in recent years. In one of the MedCircle videos with a title "I Have Dissociative Identity Disorder", Kyle, as a host, was interviewing a guest whose name is Encina, who has been diagnosed with DID. and has 11 personalities (as she admits) in one person, with a total duration of the podcast of 59:24 minutes. The researchers will be doing an observation of the "I Have Dissociative Identity Disorder" podcast video. Observation is the way to gather data by observing events or individuals by their traits naturally (Ugwu et al., 2023).

To analyze the data, the researchers used an available transcription of the podcast video "I Have Dissociative Identity Disorder" by MedCircle, which served as the primary source to identify relevant utterances to the topic investigation. The data analysis was conducted following several steps. First, the transcript was read carefully to acquire a comprehensive understanding of the interactions. Second, the utterances were identified and selected based on their relation to positive politeness strategies. Third, the selected utterances were classified according to the positive politeness strategies by Brown and Levinson (1987). Fourth, the classified data were analyzed descriptively to examine how positive politeness strategies were employed in the podcast interactions. Then, conclusions were drawn based on the findings of the present topic.

FINDINGS AND DISCUSSION

In this segment, the writers tend to show the results of the discussion based on data from a podcast video, "I Have Dissociative Disorder" by MedCircle on the YouTube platform. The results are investigated using Brown and Levinson's theory of positive politeness strategies. As mentioned previously, positive politeness is an action-based utterance that is oriented toward the addressee's positive face, namely the desire for one's wants to be regarded as desirable, valued, and recognized (Levinson & Brown, 1987). From the theory, there are three major classes, which are divided into 15 strategies within them as positive politeness

Positive Politeness Strategies in Podcast Interactions with Individuals Experiencing Dissociative Identity Disorder: A Pragmatic Study strategies, and each strategy is presented by utterances from the podcast video within the duration of 59.24 minutes. The usage frequency of each strategy in positive politeness by Kyle (host), Encina (the guest speaker), and Minnie (Encina's alter), who appeared at 41:57 - 49:26 on the podcast, will be concluded and shown in Table 1 below:

Table 1. The usage frequency of each positive politeness strategy on the podcast

No.	Positive Politeness Strategies	The Strategies Used/Appear in The Conversation		
		Encina (Guest Speaker)	Minnie (Encina's Alter)	Kyle (Host)
Claim Common Ground				
1.	Notice, attend to H (his interest, wants, needs, goods)	-	-	4
2.	Exaggerate (interest, approval, sympathy with H)	18	1	2
3.	Intensify interest to H	3	-	-
4.	Use in-group identity markers	-	-	-
5.	Seek agreement	5	-	10
6.	Avoid disagreement	4	-	1
7.	Presuppose/raise/assert common ground	62	4	9
8.	Joke	2	-	-
Convey That S and H Are Cooperators				
9.	Assert or presuppose S's knowledge of and concern for H's wants	-	-	1
10.	Offer, promise	-	-	-
11.	Be optimistic	-	-	-
12.	Include both S and H in the activity	1	-	2
13.	Give (or ask for) reasons	-	-	1
14.	Assume or assert reciprocity	-	-	-
Fulfill H's Want For Some X				
15.	Give gifts to H (goods, sympathy, understanding, cooperation)	1	-	4

Discussion

Based on the data found on the podcast video, *presuppose/raise/assert common ground* strategy is the most likely found, which was used 75 times among other strategies. If the data is elaborated, Encina is the most frequent user of *presuppose/raise/assert common ground* strategy with a total of 62 times. It shows that along the podcast, Encina frequently uses *presuppose/raise/assert common ground* strategy to try to reach a mutual understanding in any of her real-life experiences suffering from dissociative identity disorder. Then, Kyle, as a host, mostly used *seek agreement* strategy with a total of 10 times, was trying to satisfy Encina's face when explaining her condition by pursuing a topic that could seek agreement to maintain the podcast's topic. And Minnie used 4 times of *presuppose/raise/assert common ground* as her most used strategy just like Encina, to assume reaching mutual common ground in the conversation. The analysis of the data will be explained below:

Major Class: Claim Common Ground

The concept of claim common ground refers to a strategy that involves the speaker (S) establishing 'common ground' with the hearer (H), by demonstrating that both are related to some set of individuals who share certain wants, goals, and values (Levinson & Brown, 1987).

Notice, attend to H (his interest, wants, needs, goods)

This initial strategy within the claim common ground major class suggests that S should be attentive to H's characteristics and circumstances, which are noticeable changes or anything H would want S to pay attention to, and validate them (Levinson & Brown, 1987). And another output for this notice strategy is when H makes FTA toward himself, by experiencing a situation that negatively influences their well-being, such as loss of control over the body or faux pas, S should notice and assist H by joking or teasing about the situation.

Table 2. Data 1

Kyle	:	<i>And you have a unique diagnosis</i> of having Dissociative Identity Disorder?
Time: (00:01:03.960)		

This utterance was conveyed by Kyle as a MedCircle's host, when he wanted to begin the conversation on the podcast "I Have Dissociative Identity Disorder" by firstly introducing Encina as a guest speaker, who was diagnosed with Dissociative Identity Disorder, to the podcast's viewers. The utterance "*And you have a unique diagnosis...*" is showing the host was giving attention to the guest speaker's mental disorder condition, which she has been suffering from for a long time, and has been diagnosed by the psychiatrist as Dissociative Identity Disorder (DID) or its former name, Multiple Personality Disorder (MPD). Also, the host is noticing the guest speaker's mental condition right away as a 'unique' mental disorder, which, by the fact, Dissociative Identity Disorder (DID) is recognized as one of the rarest mental disorders that someone can have, it is approximately only 1,5% of the global population. It is one of the mental disorder condition spectrums, that someone who has it can alternate another identity or personality differently to each other and has different duties. According to the guest speaker, this condition is generally found in someone who has experienced severe trauma in their past life and creates personality as a coping/defense mechanism. The way Kyle notices her condition is intended to create a good relationship immediately and also complement her mental condition as a *unique*, not a condition that will harm others.

Exaggerate (interest, approval, sympathy with H)

This strategy emphasizes expression (when S is amazed by H's something), S can employ exaggerated intonation, stress, and other aspects of prosody to show interest, approval, and sympathy (Levinson & Brown, 1987). This exaggerated strategy also use intensified modifiers to deliver expressions of empathy, admiration, and agreement.

Table 3. Data 2

Kyle	:	You are in a relationship?
Encina	:	Yes.
Kyle	:	And it is a healthy relief?
Encina	:	<i>Absolutely a hundred percent</i> , yeah.
Time: (00:12:51.980)		

This utterance was conveyed by Encina as a MedCircle's guest speaker, when the host asked her what things could improve someone who has DID, and Encina gave her answer that someone who has DID needs to see a therapist and see someone who could support and understand DID. Then, the host asked, "*And it is a healthy relief?*" which was intended to ask Encina about how her life is now that she has a supportive boyfriend, and she said, "*Absolutely a hundred percent, yeah.*" Directly to show a strong agreement with the host's question with a strong falling tone when she said it. "*Absolutely...*" is a way to say a simple "yes", but used to emphasize a certain opinion or agreement towards the hearer's question, which is also within a group of intensified modifiers, which was affecting the closeness atmosphere with the host. Then, the use of "*... a hundred percent, ...*" is to double the support of emphasis to the previous expression, to show meaningful perception, and also to express her joyness to the question about her current love life.

Intensify interest to H

The way this strategy is done is when S communicates to H that they share desires, intending to increase interest in the S's contribution to the conversation by "creating a

Positive Politeness Strategies in Podcast Interactions with Individuals Experiencing Dissociative Identity Disorder: A Pragmatic Study compelling story” (Levinson & Brown, 1987). This strategy is usually done by using ‘vivid present,’ and sometimes the story created by the speaker involves different tenses, which are the present and past tense. Then, this strategy tends to employ more direct speech rather than indirect speech as the strategy’s feature, such as the employment of tag questions or expressions that engage H as a conversational participant.

Table 4. Data 3

Kyle	:	Do you have any alters that are dangerous?
Encina	:	<i>No, I had an alter when I was like a teenager, that would come out and cause a lot of trouble again. It was me thinking that I was just a troubled person because things would be happening, and I'd be like, why am I yelling like this or why am I this angry?</i>
Time: (00:22:51.560 - 00:23:08.360)		

This utterance was conveyed by Encina as a MedCircle’s guest speaker when the host asked her about her alter, which she probably has a dangerous or evil alter. He asked, “Do you have any alters that are dangerous?”, then Encina blatantly said she didn’t have an alter that was dangerous, and she continued explaining that she, in her teenage era, actually had an alter that can be said as a ‘trouble maker’. Then, she was confused about herself as she said: “It was me thinking that I was just a troubled person because things would be happening and I'd be like, why am I yelling like this or why am I this angry?” In her way of telling the story, Encina was contributing to the conversation by sharing a compelling story and showing her good intention to share her real-life experience. She used vivid present “... and I'd be like, why am I yelling like this or why am I this angry?” to attract the host to the story and feel involved emotionally in it, and even because of that, the dramatic effects are also followed because of the vivid present and repetition in her rhetorical question to herself, which made the story more alive and lead to deeper solidarity between them.

Use in-group identity markers

By employing markers of in-group markers, the speaker (S) can implicitly establish shared common ground with the hearer, which is associated with the group’s definition, by incorporating in-group of address forms, language, or dialect, jargon or slang, and ellipsis (Levinson & Brown, 1987). The address forms that are commonly used to indicate group affiliation include a range of generic names and terms of address, such as *mate, buddy, fellas, mom, honey, sweetiepie*, and else. The *code-switching* is involved in this strategy as it uses *in-group language or dialect*; it occurs when a speaker uses two languages for calling hearer.

No data were identified for this strategy; it can be interpreted that they both had just doing conversation at the podcast. Therefore, they were not yet associated in the same particular group, which hadn’t shared any in-group terms to address something or someone.

Seek agreement

Another way to establish common ground with H serves to identify points of agreement with them, by raising a ‘safe topic’, granting S to possibly agree with H to fulfill the hearer's (H’s) need to be ‘correct’ or to be confirmed in their assessments (Levinson & Brown, 1987). Another way to seek agreement is by doing repetition in a conversation, also within the seek agreement strategy, H may repeat part or all of what has been said by S, rather than simply a ‘yes or no’ answer.

Table 5. Data 4

Encina	:	I would switch into almost every single day.
Kyle	:	Every day?
Encina	:	<i>Every single day.</i>
Time: (00:03:13.980 - 00:03:15.980)		

This utterance was conveyed by Encina as a MedCircle's guest speaker, when the host previously asked her about how many personalities or identities she had this whole time and explained how they all came out. Then, Encina stated that she had a total of 11 alters, with five primary alters which she can switch into regularly, some time ago. Also, there is one alter that specifically came out quite often, and switched with Encina herself every single day. After stating that, the host was shocked by the fact that Encina switches with her other personalities every day, by expressing a 'make sure' question, "*Every day?*" And, Encina answered that question with her confirmation, "*Every single day.*" This utterance contains repetition, which is a part of a seek agreement strategy, in which S possibly agrees with H on something, by repeating H's part of the utterances to answer by confirming H's statement or question. In this case, Encina gave her answer to the host question by repeating all parts of the host's question to validate it, rather than merely saying a 'yes or no' answer to keep the host in disbelief. The way she answered the question by repeating it, it also stressed emotional agreement, which is a sign that Encina has already had a good connection with Kyle by showing her emotion right away.

Avoid disagreement

This strategy reflects the speaker's tendency to agree or at least to agree with the hearer, and may also function as a form of pretended agreement (Levinson & Brown, 1987). There is a 'token agreement' within this strategy, which speakers may twist their utterances to appear to seem to agree or to conceal disagreement. Pseudo-agreement is also within this strategy, by using 'then' as a marker of conclusion, as a signal that the speaker is concluding what H says. White lies are also included in this strategy when S is faced with the need to express an opinion but desires to lie instead, instead of threatening H's positive face. There is also an alternative way to avoid disagreement by hedging opinions. S may choose to express their opinions vaguely, so it doesn't seem to disagree with H in any way.

Table 6. Data 5

Kyle	:	It's kind of like Minnie has DID. I feel like he has to become Devin in order to?
Encina	:	<i>Kind of kind of.</i> So, like if a traumatic experience is happening, like the first thing in alters like, the first thing that they want to do is they want to help, so what they do is they take over.
Time: (00:08:01.330 - 00:08:08.180)		

This utterance was conveyed by Encina as a MedCircle's guest speaker, when the host was asking Encina to explain her alters. Encina was giving her explanation that she has five primary alters, and one of them usually comes out back in the day. The host was asking her to explain about that, particularly. Then, Encina explained about it; her name is Minnie, a three-year-old little girl. She is the first one of Encina's other personality or identity, and she was recently coming out to take over Encina's body back then. Because of her age, when something bad happens, Devin, as her caretaker (which is one of the Encina's other alter/personalities), will take over to protect Minnie. So, Kyle was confused about it and asked about whether Minnie also has DID, and Encina said "*Kind of kind of,*" which she didn't fully disagree with him by a little curving to continue her statement, as if she pretended to agree. This kind of utterance is a hedging opinion, within an avoid disagreement strategy to pretend or to appear to agree with the hearer. The way hedging opinions work is that Encina, as a speaker, chooses to be vague about her personal answer, so it doesn't seem to disagree with the host. Furthermore, this way is to preserve Kyle's face by not letting down his face because of feeling being mistaken.

Positive Politeness Strategies in Podcast Interactions with Individuals Experiencing Dissociative Identity Disorder: A Pragmatic Study
Presuppose/raise/assert common ground

This strategy is to show or make an assumption that S has some common similarities with H in a conversation (Levinson & Brown, 1987). There are some ways to do this strategy, the first one is gossip, small talk. It is when S spends time with H talking and discussing unrelated topics for a while. The second is point-of-view operations, which deixis refers to how sentences are associated with particular elements of their context of utterance, including the roles of participants in the communicative event as well as their spatial, temporal, and social positions (Levinson & Brown, 1987). The third is presupposition manipulations, where S presupposes something when it is regarded as shared and taken for granted. The fourth way is to presuppose H's knowledge, which can be done by using any term presuppose which H knows what S refers to, and also assert H's knowledge (aware of S's needs).

Table 7. Data 6

Kyle	:	And what does your house look like?
Minnie	:	It's a big one, mmm, I have my own bedroom and we, mmm, we play in there lots.
Kyle	:	Mm-hmm.
Minnie	:	That's where I go, if we ever have to do other things, if <i>Mommy</i> has to be out.
Time: (00:45:30.240 - 00:45:54.720)		

This utterance was conveyed by Minnie (Encina's alter) as MedCircle's guest speaker, when Kyle brought up the weightless topic about a house that belongs to Minnie, because in fact, Minnie is still a three-year-old girl which live with Encina as one of her alters. Then, Minnie gave her explanation about her house in her little girl's voice. She said that she lives in a big house, where she has her own room, and she likes to play a lot in there. As she continued, she also explained that she comes back to that house when her mom has to be out to drive the body (changing personality). The way Minnie mentioned her mom as "*Mommy*", she employed one of the same ways to do presuppose/raise/assert common ground strategy, namely presupposition manipulations, particularly presuppose H's knowledge. Minnie uses her 'in-group codes' "*Mommy*," which refers to Encina; she made an assumption that Kyle knows who she is referring to. Minnie used this strategy to express her good intentions to Kyle, which gave a sign that they shared the same knowledge and Minnie considered Kyle as a friend (close one) as she comfortably brought her own 'in-group code' throughout the podcast.

Joke

Jokes are within the strategy of positive politeness, because of joke are refers to mutual background knowledge and shared values, and are often used to emphasize the common ground between S and H in interaction (Levinson & Brown, 1987). In theory, a joke is the most basic and most common positive politeness strategy that is employed by the speakers, due to its nature for putting them 'at ease' in a conversation.

Table 8. Data 7

Encina	:	There will be there were easier this who would say you need to go through that though, I feel like the therapists are more like, you have to remember the past and go through the work to heal from the past in order to heal from it. <i>But not necessarily like you should be getting raped hahaha.</i>
Time: (00:26:51.590 - 00:27:07.270)		

This utterance was conveyed by Encina as MedCircle's guest speaker when she answered the host's questions, "*Are you happy that you have DID?*" and expressed her perspective about having DID, which she felt grateful about having, because she didn't go through the trauma every single time alone. She explained again that the way DID helped her go through is because she was taken over by another alter, which basically happened to the alter, not directly into herself, she said. Then, Encina and the host were entering the deep and sensitive phase in the conversation, and she said that therapists were trying to heal her by asking her to remember the past and go through it. Then, to ease the tension of the

Positive Politeness Strategies in Podcast Interactions with Individuals Experiencing Dissociative Identity Disorder: A Pragmatic Study conversation, she delivers a 'dark joke' or is sarcastic by saying "***But not necessarily like you should be getting raped hahaha.***" which means to heal people are not necessarily to do what happened back then again. This kind of utterance by Encina was trying to lower the tension of the conversation because it discussed a sensitive story by her, so the host didn't become too serious and didn't pity her too much. With that joke, it signifies they are mutually close.

Major Class: Convey That S and H Are Cooperators

The concept of convey that S and H are cooperators is motivated by the intention to show cooperative involvement between the speaker and the addressee during the interaction (Levinson & Brown, 1987). Thus, if S and H cooperate within a particular domain, they share certain goals and desires, and conveying such cooperation can serve to support the hearer's positive face wants.

Assert or presuppose S's knowledge of and concern for H's wants

One way to indicate cooperation between the speaker and the hearer, and thereby potentially encouraging the hearer to cooperate, is to assert or imply awareness of the hearer's desires and a willingness to align one's own goals with those of the hearer (Levinson & Brown, 1987). The use of negative questions is necessary for this strategy, and these strategy types are for request, request/offer, or offer + apology.

Table 9. Data 8

Kyle	:	<i>I know you don't want to, and I'm not asking you to.</i>
Encina	:	Mm-hmm.
Kyle	:	<i>But why? Why would you feel why do you feel uncomfortable, trying to bring Minnie or Devon out on camera?</i>
Time: (00:39:28.450 – 00:39:39.790)		

This utterance was conveyed by Kyle as MedCircle's host, when he was curiously asking the guest speaker about the reason why she didn't want to shift into another alter while the podcast was talking with them, which Kyle mentioned the alter's names, they are Minnie and Devin (the alter's names have already been mentioned by the guest speaker before). The first thing Kyle said before asking was that he read the situation by asserting his concern for the guest speaker's individual state by saying, "***I know you don't want to, and I'm not asking you to***". This way of utterance presupposes H's wants and indicates that S cares about H's, also carefully not to pose a threat to the hearer's positive face, and tries to understand their personality. In this case, Kyle was trying not to impose the guest speaker by his request to switch into another alter, but more to imply and bring a hope to see the other alters take control and talk with him directly while the podcast was going. So, because of that, the guest speaker felt respected about her personal boundaries, and her emotions were acknowledged personally. Furthermore, when Kyle continued his saying "***But why? Why would you feel why do you feel uncomfortable, trying to bring Minnie or Devon out on camera?***" contains a second layer of positive politeness strategies, namely give (or ask for) reasons, which will be explained in the next strategy below.

Offer, promise

This strategy minimizes the risk of a threat to H's FTAs by S choosing to emphasize their cooperation with H through a different approach. The way this strategy is going is to emphasize cooperation with the hearer by following and supporting the hearer's desires and showing the speaker's willingness to help achieve them (Levinson & Brown, 1987). By demonstrating good intentions toward H by keeping and satisfying his/her positive face. *No data were identified for this strategy*; it can be interpreted that none of them are on the way to achieving anything in particular, because the format of conversation is a podcast, which only shares something that matters to the topic of the podcast conversation. This leads to each of

them not showing their cooperativeness by being willing to do something to satisfy someone's face.

Be optimistic

The presumptuous way that S will do for a positive politeness strategy is by doing be optimistic strategy. Basically, this strategy involves the speaker assuming that the hearer shares the speaker's wants and is willing to help fulfill them, either for the speaker alone or for both the speaker and the hearer (Levinson & Brown, 1987). This strategy demonstrates dramatically the distinction between positive politeness and negative politeness in performing FTAs, which lies in the use of kindly presumptuous or optimistic expressions, which emerge as one outcome of the strategy. *No data were identified for this strategy*; it can be interpreted that none of them have desires that presumptuously assume to be fulfilled, because the format of the conversation is a podcast. This leads each of them to not show their optimistic expressions, which acts as the outcome to get their request fulfilled.

Include both S and H in the activity

The employment of 'we' by a speaker is an important aspect in this strategy, when 'we' itself means 'me' or 'you' as an inclusive form. So, the speaker invokes cooperative assumptions to reduce FTAs of H when delivering utterances (Levinson & Brown, 1987). In some conditions, 'we' is also used to soften requests and offers, and "let's," which stands for "let us," is another inclusive form besides 'we' in this strategy.

Table 10. Data 9

Kyle	:	...alters five of which are primary, but one used to come out every day, let's start with her.
Time: (00:07:16.760)		

This utterance was conveyed by Kyle as a MedCircle's host, when he concluded what Encina was talking about before about her story back then, when she was still a kid. She was sexually abused by her father and her father's friends, which led her to have another personality called alter/s. After that, throughout her teen and early 20s, she experienced symptoms of DID, and she went to a therapist and got diagnosed with DID. She stated that she has a total of eleven alters, including five primary alters and one of the alters used to come out daily. Then, Kyle asked "..., **let's start with her.**" to her to describe that one alter which came out often. 'let's' which stands for 'let us' that conveyed by Kyle was actually referring to Encina, not both of them. So, Kyle used to include both S and H in the activity, referring to 'you' to create a cooperative assumption (they were both in the same level scope/sharing the weight of imposition) and regarded that she wanted to describe the alter to be asked to her. It was trying to minimize the positive face to be threatened. After all, it was (probably) a sensitive topic on her side, because it included long-term trauma experiences and also led to softening the request to Encina to describe the alter.

Give (or ask for) reasons

Another strategic aspect that involves H in the activity is having S justify their wants by engaging H, thus within practical reasoning and assuming reflexivity, namely that H wants what S wants (Levinson & Brown, 1987). To put it differently, giving reasons entails messages such as "I can assist you" or "you can assist me", thereby assuming cooperation with H as a means of demonstrating that assistance is needed.

Table 11. Data 10

Kyle	:	<i>But why? Why would you feel why do you feel uncomfortable, trying to bring Minnie or Devon out on camera?</i>
Encina	:	So, I don't feel comfortable with that because it's, it's not my choice...
Time: (00:39:36.220 - 00:39:39.790)		

This utterance was conveyed by Kyle as a MedCircle's host, when he continued his question about Encina's alter, namely Minnie (a three-year-old girl) and Devon (Minnie's caretaker), whom she previously mentioned. Kyle who knew that Encina is not really wanted to shift to her another personalities (alters), he immediately asked her with carefulness "***But why? Why would you feel why do you feel uncomfortable, trying to bring Minnie or Devon out on camera?***", this gave impression that Kyle wanted to comprehend her perspective and emotion, because it might be brings some sensitive topic to the conversation, which could be resulted to threaten Encina's face, then, the repetition in Kyle's utterance shows that he trying to find a good words to deliver that aimed to soften the question. Moreover, he wanted to get her implicit answer to his practical reasoning, which subtle his hope that she will shift into her alter ego. This indicates that Kyle gave a sign to see Encina's alter to show on camera, he indirectly assumed that Encina would realize and do what Kyle was hoping for her, but in a way that keeps their state still cooperating.

Assume or assert reciprocity

This strategy comes to the presence of cooperation between S and H, by stating mutual rights or duties with evidence obtained between S and H (Levinson & Brown, 1987). This strategy is likely to affect each other's FTAs; the speaker may mitigate FTA by eliminating the sense of indebtedness and/or potentially face-threatening nature of speech acts such as criticisms and complaints. *No data were identified for this strategy*; it can be interpreted that none of them has a debt towards each other, which could lead to reciprocity between them. This is because the format of the conversation is a podcast, which makes it barely possible for someone to get a debt within the podcast conversation.

Major Class: Fulfill H's Want For Some X

The concept of fulfill H's want for some X is referred to as a strategy that engages S by taking steps to restore H's face immediately through fulfillment of some of H's desires, demonstrating S's concern for H's interest in certain respects (Levinson & Brown, 1987).

Give gifts to H (goods, sympathy, understanding, cooperation)

The strategy within the last major class, works by S doing something to H's positive face by satisfying him/her to some extent (Levinson & Brown, 1987). In the topic of positive-politeness action, S can give gifts to H that he/she wants to be fulfilled (which shows that S knows some of H's needs). But this strategy not merely involves giving gifts to H: it can also be realized through other human needs, such as the needs to be praised, admired, cared for, understood, loved, and similar forms of positive evaluation.

Table 12. Data 11

Kyle	:	<i>... I think you're very brave for doing this, but I think you're going to help so many people who not only might be struggling with the DID themselves, but maybe know somebody who is, and I think all of us doing our part to be educated on the things that we know very little about is the first step on that. Encina, thank you for talking to MedCircle today.</i>
Time: (00:58:15.390 - 00:58:42.390)		

This utterance was conveyed by Kyle as a MedCircle's host, when he had already concluded what Encina was explaining about her knowledge and experiences about DID, which she had been diagnosed with, in the last minutes of the podcast video. Furthermore, Kyle conveyed his utterances by including praises, admires, sympathy and understanding toward her impactfulness as the guest speaker to the podcast by sharing her knowledge by saying "***... I think you're very brave for doing this, but I think you're going to help so many people who not only might be struggling with the DID themselves, but maybe know somebody who is, and I think all of us doing our part to be educated on the things that we know very little about is the first step on that.***" which probably not everyone wants to talking about

Positive Politeness Strategies in Podcast Interactions with Individuals Experiencing Dissociative Identity Disorder: A Pragmatic Study themselves, especially their mental disorder and the story behind someone who gets it, which is personal and sensitive topic to talking about. Therefore, in her willingness to become a guest speaker, she has an important role in explaining what DID is and gave encouragement to others who suffered just like her. Both of them gave their best cooperation during the podcast. Kyle, as a host, showed his thankfulness to her cooperation and willingness to be the guest speaker by saying, “Encina, thank you for talking to MedCircle today.” The way Kyle shows this, basically, is the use of give gifts to H (goods, sympathy, understanding, cooperation) strategy, to preserve Encina's positive face by satisfying to some extent, and lower the feeling of imposition within her, because of some sensitive conversation that happened on the podcast conversation.

CONCLUSIONS

This study demonstrates that positive politeness strategies play a crucial role in facilitating empathetic and supportive communication when discussing sensitive mental health issues. The findings reveal that presupposing, asserting, or raising common ground was the most frequently employed strategy, indicating that speakers primarily sought to establish shared understanding and reduce interpersonal distance. Encina's frequent use of this strategy reflected her effort to normalize the experiences of individuals with Dissociative Identity Disorder (DID) and foster empathy through personal narratives. Theoretically, this study contributes to pragmatic research by extending Brown and Levinson's positive politeness framework to mental health discourse in digital media. Practically, the findings suggest that positive politeness can help create respectful, trustworthy, and emotionally supportive interactions in conversations involving sensitive topics. However, the study is limited to a single YouTube podcast discussing DID. Future research should investigate politeness strategies across different mental health conditions, communication platforms, and include comparisons with negative politeness, off-record, bald-on-record, and impoliteness strategies to provide a more comprehensive understanding of interpersonal communication.

REFERENCES

- Burdzik, E., & Burdzik, M. (2023). Dissociative identity disorder as interdisciplinary problem. Part I - psychiatric and psychological aspects. *Psychiatria Polska*, 57(1), 147-162. <https://doi.org/10.12740/PP/146969>
- Creswell, J. W. (2009). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches*. In SAGE Publications, Inc. (3rd ed.).
- Cutting, J. (2002). *Pragmatics and Discourse A resource book for students*. Routledge.
- Fitri, Z. (2022). A pragmatic analysis of politeness strategies in Mulan movie. *English Education Journal*, 13(2), 185-201. <https://doi.org/10.24815/eej.v13i2.21980>
- Grundy, P. (2008). *Doing Pragmatics* (3rd ed.). HODDER EDUCATION.
- Haniva, D. R., Nurhapitudin, I., & Fauzi, E. M. (2021). Politeness Principle of Assertive Act in Debate Between Donald Trump and Joe Biden. *ELTIN Journal*, 9, 130-146.
- Kaulika, A. K., Mansyur, A. S., & Wardoyo, C. (2024). Impoliteness Strategies in Hate Speech Comments on Noah Schnapp's Instagram Posts. *Celtic: A Journal of Culture, English Language Teaching, Literature and Linguistics*, 11(2), 449-464. <https://doi.org/10.22219/celtic.v11i2.37942>
- Leech, G. (2014). *The Pragmatics of Politeness*. In Oxford University Press. <https://doi.org/10.4324/9781315857381>
- Levinson, S. C., & Brown, P. (1987). *Politeness: Some Universals in Language Usage (Studies in Interactional Sociolinguistics 4)*. Cambridge University Press.
- Mack, N., Woodsong, C., MacQueen, K. M., Guest, G., & Namey, E. (2005). Qualitative Research Methods: A DATA COLLECTOR'S FIELD GUIDE. In *Anti-Corrosion Methods and Materials* (Vol. 36, Issue 10). Family Health International.
- Ni Kadek Ria Safitri, & Sutrisna, G. (2022). Politeness Strategies Used By English Native Teacher: a Case Study in Bilingual Pre-Kindergarten. *KULTURISTIK: Jurnal Bahasa Dan*

- Positive Politeness Strategies in Podcast Interactions with Individuals Experiencing Dissociative Identity Disorder: A Pragmatic Study Budaya*, 6(2), 120–125. <https://doi.org/10.22225/kulturistik.6.2.4894>
- Ni Made Budiartini, Ni Made Suwari Antari, & Ni Wayan Sukarini. (2025). Positive Politeness Strategies in “All the Bright Places” Movie. *Jurnal Riset Rumpun Ilmu Bahasa*, 4(1), 327–341. <https://doi.org/10.55606/jurribah.v4i1.4813>
- Odang. (2023). *Pengalaman Hidup Penyintas Dissociative Identity Disorder Studi Kasus Mengenai Latar Belakang, Dampak, dan Upaya Pemulihan*. June, 0–20. <https://doi.org/10.13140/RG.2.2.32971.60963>
- Şar, V., Dorahy, M. J., & Krüger, C. (2017). Revisiting the etiological aspects of dissociative identity disorder: A biopsychosocial perspective. *Psychology Research and Behavior Management*, 10, 137–146. <https://doi.org/10.2147/PRBM.S113743>
- Surjowati, R. (2021). Politeness Strategies used by the Students with Regional Multicultural Background. *NOBEL: Journal of Literature and Language Teaching*, 12(1), 112–135. <https://doi.org/10.15642/nobel.2021.12.1.112-135>
- Taylor, S. J., Bogdan, R., & DeVault, M. L. (2016). Introduction to Qualitative Research Methods A Guidebook and Resource. In *WILEY-BLACKWELL A John & Sons, LTD., Publication* (4th ed.). WILEY-BLACKWELL A John & Sons, LTD., Publication.
- Tidal, J. (2021). *What Is a Podcast?* CUNY Academic Works.
- Ugwu, N., C., & Eze Val, H. U. (2023). Qualitative Research. *International Digital Organization for Scientific Research*, 8(1), 209.
- Wardoyo, C. (2017). Positive Politeness on Strategies of Expressing Apologies by English Department Students of UIN Sunan Gunung Djati Bandung. *Buletin Al-Turas*, 23(2), 367–380. <https://doi.org/10.15408/bat.v23i2.5786>
- Yule, G. (1996). *Pragmatics*.
- Yule, G. (2010). *The Study of Language*. Cambridge University Press.