

Active Constructive Responding

The following table represents four types of responding to other people's good news. You can use this table to reflect on which style you use in different relationships when sharing positive events. You will find some key features for each style of response and an example on how someone can react using that style of responding.

	Destructive	Constructive
Passive	<ul style="list-style-type: none"> ▪ Lacks interest in the topic ▪ Does not keep eye contact ▪ Does not engage in the conversation ▪ Does not display any emotional reaction ▪ Dismissive attitude <p><i>Is that right? Did you remember to bring that pizza?</i></p>	<ul style="list-style-type: none"> ▪ Displays some positive emotions ▪ Lacks enthusiasm and/or authenticity ▪ Downplays the event <p><i>Nice. You are very lucky to be considered for this role.</i></p>
Active	<ul style="list-style-type: none"> ▪ Points the downside of the news or story ▪ Displays negative emotions or sarcasm ▪ Displays negative cues in their body language ▪ Does not listen ▪ Criticizes ▪ Adopts a judgemental attitude <p><i>Wow, that will be a lot of work. I'm sure that you'll have little to no time for yourself.</i></p>	<ul style="list-style-type: none"> ▪ Responds with authenticity and enthusiasm ▪ Keeps eye contact ▪ Smiles ▪ Nods ▪ Displays positive emotions ▪ Listens attentively ▪ Asks questions <p><i>That's amazing news! I'm so happy for you, congratulations. I'm sure that you will do a wonderful job. Tell me more about it, how did it happen?</i></p>

Adapted from:

- Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. *Journal of personality and social psychology*, 87(2), 228.

By Daniela Ramirez-Duran, MAPP