



ACTIVE CONSTRUCTIVE RESPONDING



OTHER PEOPLE MATTER
Make a list of important people in your life:

_____	_____
_____	_____
_____	_____
_____	_____

There are four ways of responding to people when someone shares a positive experience. The four response styles are:

	Constructive	Destructive
Active	<ul style="list-style-type: none"> • Authentic interest • Elaborates the experience 	<ul style="list-style-type: none"> • Squashing the event • Negative focus
Passive	<ul style="list-style-type: none"> • Distracted, understated support • Conversation fizzles out 	<ul style="list-style-type: none"> • Ignoring the event • Changing the conversation to another topic



ACTIVE CONSTRUCTIVE RESPONDING



1. Write each important person's name in the box that describes how THEY RESPOND TO YOU most often when you share good news.

	Constructive	Destructive
Active		
Passive		

2. Write each important person's name in the box that describes how YOU RESPOND TO THEM most often when they share good news.

	Constructive	Destructive
Active		
Passive		



R2 PERFORMANCE CENTER POINTS OF CONTACT



The Fort Lee R2 Performance Center is here for you even during modified operations. Please contact us at the information below and we will be happy to discuss training opportunities including remote options! We often partner with other organizations on post to bring you the most comprehensive services possible – think about the power of combining R2 training with Army Wellness Center personalized diagnostics, counseling with your Chaplain, or Army Community Services programs!

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