

THE RESILIENCE READER

CHAPTER 17: ACTIVE CONSTRUCTIVE RESPONDING

Competency: Connection

OTHER PEOPLE MATTER
Make a list of people who matter in your life

The 4 types of responding styles to positive news

CONSTRUCTIVE

Authentic Interest Elaborates the Experience

Joy Multiplier

ACTIVE

PASSIVE

Sharer usually feels validated and understood

Distracted, understated support. Conversation Fizzless

Conversation Killer

Sharer usually feels unimportant, misunderstood, embarassed or guilty.

DECONSTRUCTIVE

Squashes the event **Negative Focus**

Joy Thief

Sharer feels ashamed, embarrassed, guilty, or angry.

Ignore the event Change the conversation to another topic

Conversation Hijacker

Sharer usually feels confused, guilty, or disappointed

The more comfortable someone is with sharing positive information, they will be more likely to share negative information.

From your list of important people, write that person's name in the box that matches how **they** respond to **you**.

From your list of important people, write that person's name in the box that matches how you respond to them.

If you have concerns, but they aren't about safety, wait until another conversation to express them and still celebrate vith that person. CONSTRUCTIVE **DECONSTRUCTIVE Joy Multiplier Joy Theif Conversation Killer Conversation Hijacker**

This isn't about you. Focus

on the person, instead of the news, especially if you don't care for the news.

> Safety is more importar than ACR. If someone

shares information that they feel is good news but

it will cause harm tell an

Adult immediately.

CONSTRUCTIVE **DECONSTRUCTIVE** ACTIVE **Joy Theif** Joy Multiplier **PASSIVE Conversation Killer Conversation Hijacker**

If you answered any of the above with anything other than ACR, what can you do to change your response styles?

PASSIVE