



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

DECONSTRUCTIVE

ACTIVE

Authentic Interest
Elaborates the Experience

Joy Multiplier

Sharer usually feels validated and understood

Squashes the event
Negative Focus

Joy Thief

Sharer feels ashamed, embarrassed, guilty, or angry.

PASSIVE

Distracted, understated support.
Conversation Fizzles

Conversation Killer

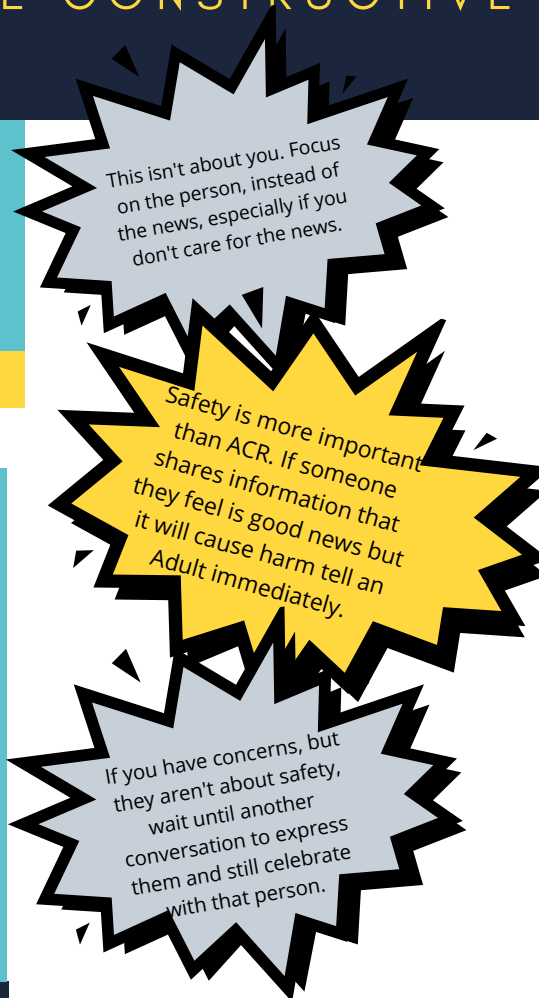
Sharer usually feels unimportant, misunderstood, embarrassed or guilty.

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**.

CONSTRUCTIVE

DECONSTRUCTIVE

ACTIVE

Joy Multiplier

Joy Thief

PASSIVE

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