

Constructively, Actively, Meaningfully Handout A: Active-Constructive

How we respond to others when they share good news with us really influences the quality of the interaction. To see how the quality of the interaction changes along with how we respond, we can pay closer attention to the words and reactions we ‘mirror’ back to the person who is interacting with us.

Instructions: You are the Listener for this activity. Your role is to listen to the Speaker. The Speaker will be relating some good news to you, and you will be required to respond to the Speaker in a certain manner. For this activity, please respond to the speaker in an active and constructive manner. When the Speaker shares his/her good news with you, you are to:

1. Respond to the good news in an enthusiastic manner. Do be authentic – do not force the enthusiasm, but convey as genuinely as possibly that you are happy for his/her good fortune.
2. Be excited to hear the good news.
3. Ask questions about the Speaker’s good news. You can ask him/her to explain in more detail how the positive event occurred, how it made him/her feel, and what he/she is going to do next.