

Constructively, Actively, Meaningfully Handout B: Passive-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 a passive, yet constructive manner. When the Speaker shares his/her good news with you, you are to:

1. Respond to the good news in a mostly neutral manner. Do show some happiness and enthusiasm for the Speaker, but do not make a big deal out of it. You can tell the Speaker that you are happy for him/her, but do not 'overdo' your expressions of happiness for the Speaker.
2. Be silently supportive of the Speaker. Nod your head and smile, but avoid responding too much to his/her good news. Simply acknowledging the Speaker's good fortune is sufficient.
3. Avoid talking too much, or asking the Speaker for more details. It is sufficient that the Speaker knows that you are happy to hear his/her good news.