

Constructively, Actively, Meaningfully Handout C: Active-Destructive

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, yet destructive manner. When the Speaker shares his/her good news with you, you are to:

1. Try and pick out possible problems with the Speaker's good news. For instance, you may say that the good news might actually bring some unforeseeable challenges or difficulties ahead.
2. Remind the Speaker that the good is always 'balanced out' with the bad. Try telling the Speaker not to get ahead of himself/herself, and not to be too heavily influenced by brief moments of success, fortune or good luck.
3. Point out some potential downsides of this positive event occurring. You should try to convince the Speaker to be a little more level-headed about the good event, so that he/she sees the fortunate circumstances a bit more fairly and objectively.