

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

1. Give the Speaker the impression that you don't care very much about the good news. After all, good things happen along with bad things. There isn't a good reason to be happy since it will all be balanced out with unhappy, unpleasant events anyway.
2. Avoid paying too much attention to the Speaker. Don't appear disinterested outright, but convey to the Speaker through your non-verbal cues that his/her good event isn't something to get worked up about.
3. Show disinterest in the Speaker. You don't have to respond very much to the Speaker. All you need to do is listen until the Speaker stops speaking.