



How we respond to
good news can build
or break a relationship

How to respond Toolkit

4

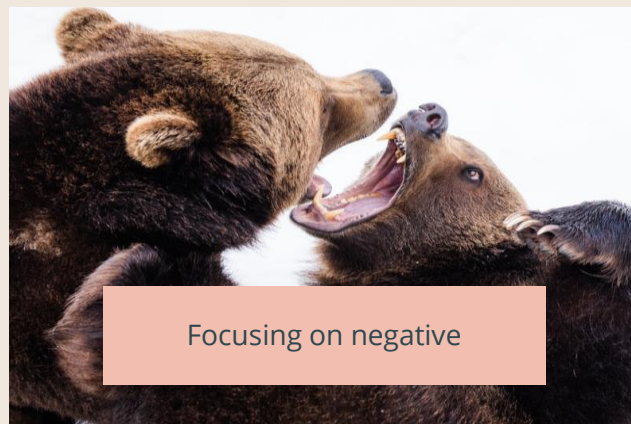
Ways to respond

Active

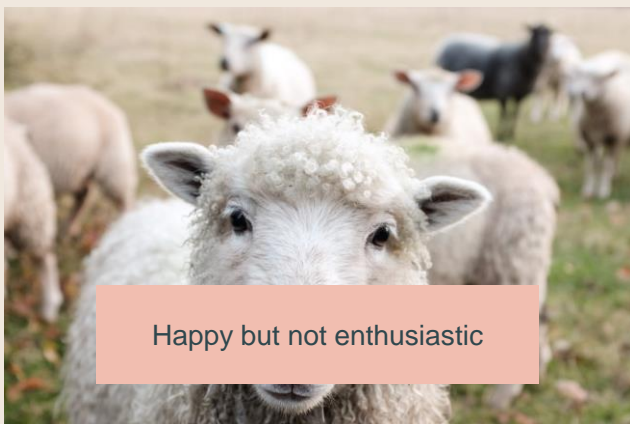
Constructive



Destructive



Passive





4 ways to get better at responding to good news

1

Know your **usual style**- use the log

2

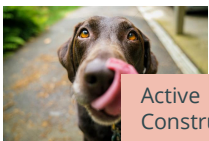
Write down what you could have said instead

3

Seek out the person and **apologise**

4

Teach others about the 4 ways of responding



Active
Constructive

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INTIME
COLLECTIVE
Better Together.

My Active Constructive Responding Log EXAMPLE



Active
Destructive

The good news	Came from	I said...	My response was (Active/Passive; Constructive/Destructive)	The other person then reacted to me by saying and doing...	What I could have said instead...
Eg. "I got a new job!"	John	"Does this mean now you'll stop doing the cooking and cleaning at home?"	Active Destructive	John sighed and walked off	"That's great. Congratulations. I know you've been putting a lot of effort into finding a new role. How did you find out?"
		"Have you seen the news today?"	Passive Destructive	John looked hurt, disappointed and was cold	
		"Cool." :/	Passive Constructive		
		"That's great. Congratulations. I know you've been working hard. How did you find out?"	Active Constructive	John seemed excited and energised and told me about the call he received when he found out the good news.	NA I used the Active Constructive approach and it worked well!

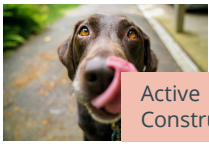


Passive
Constructive

Adapted from: *Therapist's Guide to Positive Psychological Interventions* Jeana L. Magyar-Moe



Active
Destructive



Active
Constructive

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My Active Constructive Responding Log



Active
Destructive

The good news	Came from	I said...	My response was (Active/Passive; Constructive/Destructive)	The other person then reacted to me by saying and doing...	What I could have said instead...



Passive
Constructive

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Active
Destructive