|  |  |
| --- | --- |
| **“The Joy Multiplier”***Active-Constructive:* The responder listens, asks questions (e.g.,”how did you feel while this happened?”), and helps the person bring the news to celebrate and savor.Example: “Wow, that is great news! Your talent and hard work paid off! I know you will be successful. What were you thinking when this happened? How did you feel?” | **Understated Support***Passive-Constructive:* The responder does not react strongly to the news.*Example:* “That’s nice,” or “Cool.”This is a missed opportunity to help your friend savor their news, and to build connections between friends. We can do better than this! |
| **“Debbie Downer”***Active-Destructive:* The listener responds by critiquing, nitpicking or poking holes, making the person feel worse about their accomplishment.*Example:* “How much I that going to cost! That seems crazy. Did you think of all the problems that might happen?” | **“The One Upper”***Passive-Destructive:* The listener changes the subject or ignores the news.*Example:* “You won’t believe what happened to me today!” or “I wonder what I am having for dinner.”This type of response will discourage your friend from sharing in the future. |
| **“The Joy Multiplier”***Active-Constructive:* The responder listens, asks questions (e.g.,”how did you feel while this happened?”), and helps the person bring the news to celebrate and savor.Example: “Wow, that is great news! Your talent and hard work paid off! I know you will be successful. What were you thinking when this happened? How did you feel?” | **Understated Support***Passive-Constructive:* The responder does not react strongly to the news.*Example:* “That’s nice,” or “Cool.”This is a missed opportunity to help your friend savor their news, and to build connections between friends. We can do better than this! |
| **“Debbie Downer”***Active-Destructive:* The listener responds by critiquing, nitpicking or poking holes, making the person feel worse about their accomplishment.*Example:* “How much I that going to cost! That seems crazy. Did you think of all the problems that might happen?” | **“The One Upper”***Passive-Destructive:* The listener changes the subject or ignores the news.*Example:* “You won’t believe what happened to me today!” or “I wonder what I am having for dinner.”This type of response will discourage your friend from sharing in the future. |