

<p>"The Joy Multiplier" <i>Active-Constructive:</i> 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.</p> <p>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?"</p>	<p>Understated Support <i>Passive-Constructive:</i> The responder does not react strongly to the news.</p> <p>Example: "That's nice," or "Cool."</p> <p>This is a missed opportunity to help your friend savor their news, and to build connections between friends. We can do better than this!</p>
<p>"Debbie Downer" <i>Active-Destructive:</i> The listener responds by critiquing, nitpicking or poking holes, making the person feel worse about their accomplishment.</p> <p>Example: "How much is that going to cost! That seems crazy. Did you think of all the problems that might happen?"</p>	<p>"The One Upper" <i>Passive-Destructive:</i> The listener changes the subject or ignores the news.</p> <p>Example: "You won't believe what happened to me today!" or "I wonder what I am having for dinner."</p> <p>This type of response will discourage your friend from sharing in the future.</p>
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