

# ACTIVE CONSTRUCTIVE RESPONDING (ACR):

**“That’s awesome! Tell me more!”**

To hone our ACR skills, let’s **first** begin to listen to, and notice, how our friends, family members, work colleagues, and strangers respond to our efforts at capitalization—sharing our good news with them. What emotions do we feel when others use different communication styles—**active constructive**, **passive constructive**, **active destructive**, **passive destructive**—in reacting to our capitalization efforts?

**Start by recalling a piece of positive news you recently shared with each of these categories of communication partners below.**

Communication Partner	Your Capitalization Disclosure	The Communication Partner’s Response	Response Style	What Emotions Did You Feel in Receiving this Response?	How Does This Response Style Affect the Health of this Relationship?
Name of friend:					
Name of family member:					
Name of work colleague:					
A stranger					

**Next**, let’s notice how we respond to capitalization efforts by our friends, family members, work colleagues, and strangers. In doing so, we can discern our own productive and unproductive response patterns. In the chart below, recall a recent example of capitalization—an effort to share a piece of positive news with you—by individuals from each of the identified relationship categories.

Communication Partner	The Communication Partner’s Capitalization Attempt (i.e., piece of positive news)	Your Response Style
Name of friend:		
Name of family member:		
Name of work colleague:		
A stranger		

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**Next**, we can practice transferring some of our learnings about optimism and character strengths to dyadic dialogue. When listening to others share good news, we can activate optimism by:

- actively focusing on the positive in their disclosure
- celebrating their disclosure as an emblem of growth
- emphasizing how their disclosure evidences agency and personal power
- highlighting their disclosure as an expansion of life's possibilities
- using their disclosure to engender connection

**Additionally**, we can activate our character strengths to amplify positivity from another person's capitalization efforts. Recall your signature character strengths from your VIA Character Strengths Survey and list them here:

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Which of your signature strengths might be most helpful in exercising **active constructive responding** to a positive disclosure by a friend, family member, work colleague, or stranger?

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