**Table 8.3** Ways of responding

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| --- | --- |
| 1. Passive constructive: minimal comment such as ‘that’s nice’. | 2. Active destructive: belittling the good news and finding something negative to say. |
| 3. Passive destructive: ignoring it and talking about something else all together. | 4. Active constructive: showing real pleasure for the other person and giving them credit for any achievement. Being interested and asking more about it.  |



**Photocopiable:** *Circle Solutions for Student Wellbeing* 3e Sue Roffey, 2020 (SAGE)