

Capitalizing Positive Emotions With Active Constructive Responding

This activity is designed to be undertaken by two people. However, you could include more people and take turns so everyone has the chance to share and to listen/respond.

Preparation:

1. Think of a positive event that has recently happened in your life.
2. Use your senses to connect to the event:
 - a. Visualize the setting, people, features.
 - b. Bring attention to sounds, scent, temperature and other memorable aspects.
3. Bring awareness to the positive emotions that this event evokes.
4. Write down key elements of the positive event.
5. After everyone is ready, choose who is going to start sharing.
6. Allow 10 to 15 minutes per person to share and then swap.

Sharer:

1. Provide some context for your story and share the positive event.
2. Provide enough details for your partner to visualise and get a closer experience to what you lived through in that story.
3. Allow time for your partner to ask questions or comment on your story.

Listener:

1. Listen carefully to the story shared by your partner, paying attention to verbal and non-verbal language
2. You can react to their story with brief comments, facial expressions and/or sounds reflecting your interest and engagement.
3. When space is given, take a moment to ask any questions to get more details from your partner's experience by:
 - a. Asking what happened
 - b. Asking how they felt
 - c. Asking about other people in the story

At the end of this activity, allow a few moments to reflect and comment (if comfortable) about your experience in engaging with this activity.

Adapted from:

- Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. *Journal of personality and social psychology*, 87(2), 228.
- Gable, S. L., & Reis, H. T. (2010). Good news! Capitalizing on positive events in an interpersonal context. In *Advances in experimental social psychology* (Vol. 42, pp. 195-257). Academic Press.

By Daniela Ramirez-Duran, MAPP