

**TABLE 4.2** Four Styles of Interpersonal Responding to the Good Events in Others' Lives (Gable et al., 2004).

Situation: a husband responds to his wife's good news that she is being considered for a promotion.

	Constructive	Destructive
Active	<i>"That is wonderful! I am so happy for you. You would be excellent in that new position."</i> <b>(responding enthusiastically; maintaining eye contact, smiling, displaying positive emotions)</b>	<i>"If you get the promotion, you are going to have to be at work all week and on Saturday mornings too."</i> <b>(pointing out the downside; displaying negative nonverbal cues)</b>
Passive	<i>"That's nice that you are being considered for the promotion."</i> <b>(happy, but lacking enthusiasm/ downplaying; little to no active emotional expression)</b>	<i>"A promotion, huh? Well, hurry up and get changed so we can get some dinner. I'm starving."</i> <b>(lacking interest; displaying little to no eye contact, turning away, leaving the room)</b>

*Only the active-constructive style of responding benefits both the individual with the good news and the relationship (Gable et al., 2004).*