

STRATEGY # 2 DYNAMIC POSITIVE RESPONDING (DPR):

There is a great deal of emphasis placed on teaching people how to “assert” themselves when they feel put upon by others. But helping people you care about celebrate *good* news can be even more important in enhancing your relationships long-term according to Dr. Shelly Gable.. There are many opportunities to do it, and it feels good. Here is how it works.

Say a colleague or family member says something like this to you: “Guess what! I just found out that I am getting a big tax refund this year. I’m so excited.”

You *could* respond by:

1. Being passive “Good for you.” (Showing little interest or excitement)
2. Being critical: “Great; now you can figure out how to blow it like you did last time.”
3. Ignoring it (Actually the worst way): “Have you seen my wallet/purse?”
4. Or: You could use DPR! (Dynamic Positive Responding) **“E.g. That’s great news. I know you’ve been hoping that would come through. Any idea about how you’re going to use it? Tell me about it.”**

DPR is adapted from “Active Constructive Responding” which has been well-researched, and shown to increase positive connectivity, compared to the other options. [50] In fact, the others can be downright harmful to relationships, especially *ignoring*.

- Use DPR often, and watch what happens when people feel validated, respected and more psychologically “visible” to you.

Download the attached form to help monitor your progress.

Dynamic Positive Responding

Good news reported by:	Effective DPR Behaviors	Self-Rating 1-10 1= bad 10= great
Shelly- "I just found out I'm getting a big tax refund this year. I'm so excited."	Eye contact Positive facial expression Good body language Active interest/showing enthusiasm	6/10