

ARMY STRONG STARTS AT HOME

Build Bonds With Compassionate, Engaging Responses



The Four Styles of Response

Passive-Constructive: Muted response with low energy

Passive-Destructive: Fully ignores the sharer

Active-Destructive: Critical and dismissive

Active-Constructive: Enthusiastic, engaged and encouraging

Practice Active-Constructive responding: Be fully present!



**DIRECTORATE OF
PREVENTION, RESILIENCE
AND READINESS**

For more ways to strengthen your resilience,
connect with us at www.armyresilience.army.mil.

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