

### Exercise: Active Constructive Responding (ACR) Mini-Challenge

This exercise is designed to increase emotional closeness by helping you recognize and practice active, constructive responses when your partner shares something positive. Research shows that how we respond to good news can significantly impact relationship satisfaction and trust.

Over the course of the week, pay attention to moments when your partner shares good news (big or small). Use the log below to track your responses, (*What did they share?, How did I respond?, Was my response Active/ Passive, or Constructive/ Destructive?, and One thing I could improve next time?*):

Date	What?	How?	My response?	Improve?
Mon	"I got positive feedback from my boss."	"That's great. You've been working hard on that project."	Active Constructive	Ask a follow-up question to show deeper interest

#### Examples of Response Types:

- Active Constructive: *"That's amazing! Tell me more—how did it happen?"*
- Passive Constructive: *"That's nice."*
- Active Destructive: *"Are you sure that's a good idea?"*
- Passive Destructive: *"Cool. By the way, guess what happened to me..."*

#### Reflection and Goal:

- Reflect on ways to strengthen your connection. Aim for at least three Active Constructive responses this week. These involve showing enthusiasm, asking follow-up questions, and expressing interest and shared joy.