

Your response to good news

We are all aware that teammates need support when they're going through a hard patch in life, or just had a game or competition that they were not happy with, but what about support when a teammate shares good news?

Research done by Shelly Gable, a psychologist at the University of California, has shown that how you respond to another's good news can make a difference in strengthening the relationship and daily satisfaction. Responding in a positive and encouraging manner can help you be a better teammate and friend and lead to a stronger relationship.

Think about the last time you shared some good or exciting news with someone. How did the other person respond? Were they openly excited, or did they barely respond? When you have good news, do you seek out a particular person to tell? What makes you seek out this person?

Check out the four types of responses to good news that Gable classified:

1. Active Constructive: Enthusiastic support and specific comments
2. Passive Constructive: A simple acknowledgment, flaccid
3. Active Destructive: Blatant negative responses
4. Passive Destructive: Ignoring the comment

Let's suppose a teammate just came up to you after a competition and shared with you that they got an athletic scholarship to Division I University, the school they were hoping to continue their athletic career. The four responses might look like this:

1. Active Constructive: "Wow! That's awesome! Congratulations, you have worked so hard it is really great to see things come together for you."
2. Passive Constructive: "Cool, that's nice."
3. Active Destructive: "I guess that means I won't be seeing much of you since you'll be moving to the other side of the country."
4. Passive Destructive: "HmMMM (*nods head lightly*)."

Try This: Next time a teammate comes up to you with some good news, take the time to really listen, share in the joy with them, and offer positive encouragement. You don't have to go over the top with your positivity, your teammate will appreciate that you listened to them, are happy for them, and will continue to support their efforts.

Reference: Gable, S.L., Gonzaga, G.C., & Strachman, A. (2006). Will you be there for me when things go right? Supportive responses to positive event disclosures. *Journal of Personality and Social Psychology*, 91, 904-917.