



Capitalize ON MOMENTS OF CONNECTION TO MULTIPLY Joy

Think about how often you respond to the most important people in your life when they tell you about a positive experience.

Four Styles of Responding

Conversation Killer

Conversation Hijacker

Joy Thief

Joy Multiplier



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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