

Being mindfulness buffer the negative effects of active-destructive response.

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Capitalization, a process that sharing positive personal experiences with others, is very common in interpersonal context, yet the consequences of capitalization depend on how the listener response. Previous research found that perceived active-destructive responses, while the listener is involved but provided negative feedback, is harmful to the discloser. We proposed that being mindfulness may improve understanding of how other people's responses, which in turn, could buffer the negative associations between received active-destructive responses and well-being. Fifty-two participants from Taiwan completed the five facet mindfulness questionnaire and then recall a personal experience about sharing positive events with their parents. Consistent with our prediction, results showed that the interaction between perceived active-destructive response and mindfulness is significant in predicting perceived responsiveness and positive affect. Specifically, for those who are at low level of mindfulness, when they perceived more active-destructive response, they reported less positive affect and perceived responsiveness. In contrast, for those who are at high level of mindfulness, their positive affect and perceived responsiveness were not significantly associated with their perceived active-destructive response. Our findings highlighted that the intention of active-destructive response could be positive and mindfulness may facilitate the capability to detect the underlying intention of other's behavior. The cultural difference of perceived active-destructive response was also discussed.