



For a great Table Talk experience...

- Turn off all electronic devices. Let the people you're with know they are important!
- Stay positive! This is not the time to focus on what's been done wrong or could be done better.
- Don't force it. If you get on a negative track, stop that discussion. Move on to another topic.
- Expect surprises—you might get to know one another in new and meaningful ways!
- Have fun!

YOU'RE JUST RIGHT

Every person in every family has a need for acceptance.

Acceptance means: Welcoming people willingly and unconditionally—especially if they are different from others or their behavior has been imperfect.

Giving acceptance means celebrating the uniqueness of each person in the family. This also involves letting others know that they can be real around you. You like them, just the way they are.

BE YOURSELF

- Even if your family members are different from you, they still need our welcoming acceptance!
- Take turns finishing this sentence:
Parents may need to help younger children with their unique qualities and contributions.

Isn't it amazing that every one of us is unique and special?
_____ *is unique because...*

Example: Madison is unique because she's the only one who can roll her tongue. Dad is unique because he makes everybody's favorite pancakes!

- Take turns finishing this sentence:
Parents go first and then invite the kids to join.
I want you to know that you can be yourself around me because...
Example: I want you to know that you can be yourself around me because I like the way you are particular about the way your shoes are tied. Perhaps, you can be yourself around me because I admire your fun-loving spirit and laid back attitude about life.

Just remember to keep the conversation positive and affirming! The point is to celebrate the uniqueness of each person in the family.





DO YOU KNOW WHERE YOU STAND ON THE NEED FOR ACCEPTANCE?

Take this short quiz. If the statement is REALLY like you, circle 5. If it is NOT like you, circle 1. Add your score to see how important acceptance is to you.

- It is important to me that people like me for who I am—even if I'm a little different.

1 2 3 4 5

- When I goof up, I really need others to tell me that I am still loved.

1 2 3 4 5

- When I am in a new class or group of people, it's important for me to quickly find friends I can connect with.

1 2 3 4 5

- It is important for me to feel like I am part of a group of friends.

1 2 3 4 5

- I spend a lot of time thinking about what others think of me.

1 2 3 4 5

Total: _____

Ready to learn more about
relational needs?

[CLICK HERE](#)
to take the assessment!

5–11: Acceptance is not very important for you. We all need acceptance to some degree, so watch closely for one of your other relationship needs.

12–18: Your family's acceptance is somewhat important. So hearing words of acceptance fairly often would be good for you.

19–25: Your family's acceptance is very important to you. So hearing words of acceptance every day might not be too much.



Table Talk—Affection

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- Have fun!

HUGS AND KISSES!

Every person in every family has a need for affection.

Affection means: expressing care and closeness through appropriate physical touch; saying "I love you" or "I care."

Giving affection also means giving hugs, kisses, pats on the back, or wrestling for fun.

- Take turns finishing one these sentences for EACH person.
Parents go first then children.

I love you and I want you to know that _____.

One of the ways I like to show you that I love you is _____.

Being your _____ has changed my heart in so many awesome ways like _____.

We all need affection, but it's important to be sensitive to the very different preferences about how this need is met.

- We might have strong preferences about which expressions of affection are okay for us.
- We might have a preference about who gives us certain kinds of affection and whether that's done at home or in public.

GIVING AFFECTION

On the next page, read through the following list of ways we might receive affection. Then, put the name or initials of the family member(s) you would like to give you that type of affection.

If it is important to you, put an "H" for home or "P" for public.





- | | |
|--|--|
| <input type="checkbox"/> Just say, "I love You." | <input type="checkbox"/> Hold hands |
| <input type="checkbox"/> Write a note | <input type="checkbox"/> Put arm around my shoulder |
| <input type="checkbox"/> Send a card | <input type="checkbox"/> Give me a "high five" |
| <input type="checkbox"/> Leave a voice mail | <input type="checkbox"/> Give me a back rub |
| <input type="checkbox"/> Send a text | <input type="checkbox"/> Scratch my back |
| <input type="checkbox"/> Wrestle with me | <input type="checkbox"/> Play with my hair/brush my hair |
| <input type="checkbox"/> Tickle me | <input type="checkbox"/> Shake hands |
| <input type="checkbox"/> Give me a kiss | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Hug me | |
| <input type="checkbox"/> Chest bump or fist bump | |
| <input type="checkbox"/> "Blow tummies" | |

DO YOU KNOW WHERE YOU STAND ON THE NEED FOR AFFECTION?

Take this short quiz. If the statement is REALLY like you, circle .
If it is NOT like you, circle 1. Add your score to see how important affection is to you.

- It's important to me to have lots of hugs from my family.
1 2 3 4 5
- It means a lot to me when people in my family say, "I love you."
1 2 3 4 5
- I like it when I get hugs or kisses or "I love you's" from family—for no particular reason.
1 2 3 4 5
- I'm the kind of person who likes pats on the back, high fives, or friendly hand shakes.
1 2 3 4 5
- It's really important for me to hear others tell me that they love me or care about me.
1 2 3 4 5

Total: _____

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relational needs?

[CLICK HERE](#)
to take the assessment!

5–11: Affection is not very important for you. We all need affection to some degree, so watch closely for one of your other relationship needs.

12–18: Your family's affection is somewhat important. So hearing words of affection fairly often would be good for you.

19–25: Your family's affection is very important to you. So hearing words of affection every day might not be too much.



Table Talk—Appreciation

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- Have fun!

THUMBS UP!

Every person in every family has a need for appreciation.

Appreciation means: expressing thanks or praise; recognizing accomplishment or effort, especially for what you do.

Giving appreciation also means giving words or cards that say, "Thank you." It means giving gifts, plaques, or certificates for what's been done. It means showing gratitude in public, as well as private thanks.

- Take turns finishing these sentences.
Parents go first then children.

_____, I've noticed how you have helped _____.
Thank you so much!

_____, I've noticed how you did your best to _____.
Thank you so much!

Example: Zachary, I've noticed how you have helped out with the dishes after dinner. Kara, I've noticed how you did your best to make sure your clothes made it into the hamper. Thank you so much!

GIVING APPRECIATION

Appreciation can also include giving awards, plaques, or certificates for a job well done. Think again about each member of your family and the...

- Things they do around your house that you might take for granted.
- Tasks they are good at.
- Ways they try their best.





- Now imagine that you are giving each person an award for this accomplishment or effort. Complete this sentence for each person in your family. *Parents go first then children.*

My award goes to _____ for the most _____!

I declare you as the " _____ queen/king!

Example: My award goes to Ethan for the most improvement in homework. I declare you as the "getting homework done king!"

You've just met the need of appreciation. Good job!



DO YOU KNOW WHERE YOU STAND ON THE NEED FOR APPRECIATION?

Take this short quiz. If the statement is REALLY like you, circle 5. If it is NOT like you, circle 1. Add your score to see how important appreciation is to you.

- When I have worked hard on something, I really like it when others say, "Thanks."

1 2 3 4 5

- It means a lot to me when others notice my effort or accomplishments.

1 2 3 4 5

- I like it when my teachers, parents, others say, "Good job!"

1 2 3 4 5

- I really like trophies, plaques, or medals because they are reminders of the good things I have done.

1 2 3 4 5

- I especially like it when other people focus on what I have done right, rather than my mistakes.

1 2 3 4 5

Total: _____

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Table Talk—Approval

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A SEAL OF APPROVAL

Every person in every family has a need for approval.

Approval means: Building up and affirming the worth of another person.

Giving approval also means telling a person that you are proud of them. We all need to know that our family members are proud of us.

Giving approval also means acknowledging and affirming a person's character.

Which words listed below have you seen displayed by your family members (*or maybe there are other positive qualities not on this list*)?

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Dependable | <input type="checkbox"/> Caring |
| <input type="checkbox"/> Respectful | <input type="checkbox"/> Hard-working |
| <input type="checkbox"/> Supportive | <input type="checkbox"/> Creative |
| <input type="checkbox"/> Encouraging | <input type="checkbox"/> Generous |
| <input type="checkbox"/> Kind | <input type="checkbox"/> Compassionate |
| <input type="checkbox"/> Helpful | <input type="checkbox"/> Loyal |

GIVING APPROVAL

- Take turns finishing this sentence. *Parents go first, then children.*

*I'm really proud that you're my _____
(mom/dad/brother/sister/step-son, etc.), because _____.*

Example: I'm really proud that you're my son because you make me smile every day.





- Take turns sharing these sentences with each other:

A positive character quality I see in you is _____.

I see that quality in you when _____.

Ex. A positive character quality I see in you is loyalty. I saw that in you when you spoke up for your friend at school.

Remember: Keep it positive. No sarcasm or teasing.

DO YOU KNOW WHERE YOU STAND ON THE NEED FOR APPROVAL?

Take this short quiz. If the statement is REALLY like you, circle 5. If it is NOT like you, circle 1. Add your score to see how important approval is to you.

- I like to feel that I am important to others.
1 2 3 4 5
- It is important to me to know where I stand with those who have authority over me—teachers, principal, boss, parents.
1 2 3 4 5
- It is important to me that people notice me for who I am—not just for the things I do.
1 2 3 4 5
- I feel good when someone close to me tells me they like me and are proud of me.
1 2 3 4 5
- I really like it when people praise me for a positive character trait—tell me that I am patient, kind, hard-working, creative etc.
1 2 3 4 5

Total: _____

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19–25: Your family's approval is very important to you. Hearing words of approval every day might not be too much.



Table Talk—Attention

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- Have fun!

WELCOME TO MY WORLD

Every person in every family has a need for attention.

Attention means: showing appropriate interest, care, and concern; taking thought of another; entering another's "world."

Giving attention also means listening carefully, showing interest, getting to know another person deeply, doing things with others that they enjoy doing.

- Take turns finishing this sentence. *Parents go first, then children.*

My world is all about _____.

I like for others to join me by _____.

Example: My world is all about baseball and football. I like for others to join me by coming to my games and throwing with me in the backyard.

Remember to give each person your undivided attention—listen as each person talks!

GIVING ATTENTION

Think about one of your favorite birthday celebrations. (One of the things that makes birthdays so great is that you receive more attention!)

- Take turns finishing these sentences and listening carefully:

One of my favorite birthdays was when _____.

I really liked it because _____.

After each person tells their story, celebrate with one another. (In strong families, when one person is celebrating, the rest of the family enters their world and celebrates with them.)





That might sound like this:

That's cool! I'm really happy you had fun on your birthday.

I'm really glad that you _____.

I know that was a special day for you.

- Parents: Plan to meet your child's need for attention in the future. Ask each child the question below, and then plan some one-on-one time. Even 30 minutes is great!

What is something you and I could do together?

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Ride Bikes | <input type="checkbox"/> Go to the park |
| <input type="checkbox"/> Build a tent | <input type="checkbox"/> Work a puzzle |
| <input type="checkbox"/> Play a game | <input type="checkbox"/> Cook together |

DO YOU KNOW WHERE YOU STAND ON THE NEED FOR ATTENTION?

Take this short quiz. If the statement is REALLY like you, circle 5. If it is NOT like you, circle 1. Add your score to see how important **affection** is to you.

- It is important for me to be able tell my thoughts and feelings to people around me.

1 2 3 4 5

- I really like it when someone wants to spend time with me.

1 2 3 4 5

- I feel loved when someone spends time doing something with me that I enjoy, especially if it's not their favorite activity.

1 2 3 4 5

- I usually don't like to spend a lot of time by myself.

1 2 3 4 5

- It's really important to me for people to listen to me when I talk.

1 2 3 4 5

Total: _____

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5–11: Appreciation is not very important for you. We all need appreciation to some degree, so watch closely for one of your other relationship needs.

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Table Talk—Comfort

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- Have fun!

LIFE'S UPS AND DOWNS

Every person in every family has a need for comfort.

Comfort means: responding to a hurting person with words, feelings, and touch; to hurt with and for another person's loss or pain.

Giving comfort also means putting an arm around you when you're sad; crying with you; saying, "I'm sorry that you are going through this."

To give comfort first requires that we are sensitive to the feelings and needs of another person.

- Look at the picture above and take turns finishing the sentence.

If I were the person in this picture I would feel _____.

I would need my family to _____.

GIVING COMFORT

Think about a time when YOU felt lonely or sad (*and it didn't have anything to do with your family*).

- Kids: Share with parent.
Parents: Practice giving comfort.

Take note: Here's what comfort IS NOT:

Pep Talks: *Oh, look on the bright side. Think positive.*

Advice: *If you just wouldn't do _____, things would be better for you.*

Facts or Logic: *There's always a next time. It's just life and life's not fair.*

Comparison: *That happened to me when I was your age and _____.*





Here's what comfort DOES SOUND LIKE:

I am so sorry that happened.

I feel sad that you experienced that.

It makes me sad to know that...

- Take turns completing this sentence. *Parents go first.*

There was one time when I felt sad or lonely and that was when...

- Parents—give words of comfort, like the ones above.

Do you know where you stand on the need for **COMFORT**?

Take this short quiz. If the statement is REALLY like you, circle 5. If it is NOT like you, circle 1. Add your score to see how important comfort is to you.

- I feel loved when someone notices and shows care for how I am feeling.

1 2 3 4 5

- It's really important for people to notice when I've had a hard day and let me know they care.

1 2 3 4 5

- I especially don't like to be alone when I'm sad or hurting.

1 2 3 4 5

- I appreciate it when someone tries to understand me and show care and concern.

1 2 3 4 5

- I like it when someone writes me a note or tells me they care when I feel sad.

1 2 3 4 5

Total: _____

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12–18: Your family's comfort is somewhat important. Hearing words of comfort fairly often would be good for you.

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Table Talk—Encouragement

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- Have fun!

HIP HIP HOORAY!

Every person in every family has a need for encouragement.

Encouragement means: Urging someone to persist and persevere towards a goal.

Giving encouragement also means calling or texting on their "big day"; saying, "I believe in you." "You can do it!" "Don't give up!"

- Take turns finishing this sentence (*Kids go first, then parents*):

I've always dreamed about the day when _____.

One of these days, I would love to _____.

Example: I dream of the day when I can hit a home run in baseball. One of these days, I would love to play in my own band.

Remember to give each person your undivided attention—listen as each person talks and don't dismiss any dreams that are shared!

GIVING ENCOURAGEMENT

Give words of encouragement to one another right now! Cheer for each person in the goals, dreams or efforts they just shared.

- Take turns finishing these sentences about one another. *Parents go first, then kids.*

What impresses me most about you right now is _____.

Don't give up on _____.

I know you can _____.

I believe in you because _____.

Parents: Remember to encourage your child about their goals.

This is NOT a time to lecture or give instruction.





**You've just met the need of encouragement for one another.
Way to go!**

DO YOU KNOW WHERE YOU STAND ON THE NEED FOR ENCOURAGEMENT?

Take this short quiz. If the statement is REALLY like you, circle 5.
If it is NOT like you, circle 1. Add your score to see how important
encouragement is to you.

- I like it when someone tells me that they believe in me and believe that I can do it.

1 2 3 4 5

- I feel loved when someone cheers for me and tells me to keep working toward my goals.

1 2 3 4 5

- I sometimes feel overwhelmed with all I have to do.

1 2 3 4 5

- I sometimes get tired of doing what I have to do—even if they are good things.

1 2 3 4 5

- I really like it when someone shows interest in what I am working on.

1 2 3 4 5

Total: _____

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19–25: Your family's encouragement is very important to you. Hearing words of encouragement every day might not be too much.



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- Have fun!

R-E-S-P-E-C-T!

Every person in every family has a need for respect.

Respect means: valuing and regarding another highly; treating another as important; honoring another person.

Giving respect means listening without interrupting, asking for an opinion, giving a good apology, using appropriate tone of voice, checking with you before making plans that affect you.

- Take turns finishing these sentences. They are ways of showing respect. *Parents LISTEN first...then kids do the same.*

I'd like to hear your opinion about _____.

I'd love to know if you have any ideas for how we might _____.

What do you think is the best _____.

Example: I'd like to hear your opinion about the best vacation ever!

I'd love to know if you have any ideas for how we might make our home more fun.

Remember to listen attentively as each person talks—this shows respect!

GIVING RESPECT

Giving a good apology is one of the best ways to show respect. A respectful apology tells the other person that you honor and value their feelings.

- Parents—You'll give an apology first, since there are no perfect people (and no perfect parents!)

Think of ways in which you might have caused hurt for your child. Have there been any times when you might have:

- Broken a promise, missed a need
- Reacted in anger, lost your temper





- Spoken harshly or with irritation
- Disappointed your child or let them down in some way

■ Now, without justifying, excusing or rationalizing, share your apology:

I was wrong when _____.

I know you must have _____. Will you forgive me?

After you give your apology, wait for the other person's answer:

Yes, I forgive you.

I'm not quite ready, but I am working toward forgiveness.

Since there are no perfect people, respectful apologies should be regular occurrences in our home!

Do you know where you stand on the need for **RESPECT**?

Take this short quiz. If the statement is REALLY like you, circle 5. If it is NOT like you, circle 1. Add your score to see how important **respect** is to you.

- It is important for me to be able tell my thoughts and feelings to people around me.

1 2 3 4 5

- I really like it when someone wants to spend time with me.

1 2 3 4 5

- I feel loved when someone spends time doing something with me that I enjoy, especially if it's not their favorite activity.

1 2 3 4 5

- I usually don't like to spend a lot of time by myself.

1 2 3 4 5

- It's really important to me for people to listen to me when I talk.

1 2 3 4 5

Total: _____

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Table Talk—Security

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- Have fun!

HOME BASE

Every person in every family has a need for security.

Security means: harmony in relationships, freedom from fear, threat of harm or abandonment.

Giving security also means meeting needs, keeping promises, not losing your temper, being dependable, not harming another person in anyway, setting reasonable limits and sticking to them, providing routine, or letting someone know if plans have changed.

Parents—It's our responsibility and privilege to provide our children with the security they need to grow up. It's up to us to provide a safe home base where kids can thrive.

- Home base means that each child has the reassurance that you will always be there. Take this opportunity to express these reassuring sentences to your child:

I want you to know that there's nothing in the world that can change my love for you. It's permanent, just like _____.

I will always be your mom/dad. You can count on me to _____.

Remember to give each person your undivided attention—listen as each person talks!

GIVING SECURITY

- Check the worry factor: talk to your child about their feelings of insecurity, anxiety or worry. Here's how you might begin:

I want you to feel safe in our home, so _____.

Is there anything that I can do to help you feel less worried or anxious?

Is there any area where you would say, "I wish I could count on my mom/dad to _____?"





CHECK FOR THE UNKNOWN

Security is undermined when kids don't have routine, if their routine is disrupted or if they simply aren't informed about the plans.

Think carefully about the week ahead:

- Have you set routines in place for homework, pick up, drop off, sports etc.? Review them with your child.
- Are there any changes to the routine? Explain them now.
- Do you need to re-up some of the routines at home? Talk about them now.

DO YOU KNOW WHERE YOU STAND ON THE NEED FOR SECURITY?

Take this short quiz. If the statement is REALLY like you, circle 5. If it is NOT like you, circle 1. Add your score to see how important security is to you.

- I feel best when my world is in order and somewhat predictable.
1 2 3 4 5
- I sometimes worry about the future.
1 2 3 4 5
- I get anxious or stressed when things change or are different in some way.
1 2 3 4 5
- I want my friends and family to be there for me—no matter what.
1 2 3 4 5
- I need to know that people in my life are doing things to meet my needs and take care of me.
1 2 3 4 5

Total: _____

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Table Talk—Support

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- Expect surprises—you might get to know one another in new and meaningful ways!
- Have fun!

A HELPING HAND

Every person in every family has a need for support.

Support means: coming alongside and gently helping with a problem or struggle; providing appropriate assistance.

Giving support also means helping someone with a big project, doing hard things together, teaching someone how.

- Take turns telling about a time when someone has met your need for support—a time when someone helped you out with a problem or struggle. *Parents go first, then kids.*

*I remember a time when I needed help with _____
and someone gave me support by _____.*

I was so grateful for their support because _____.

Example: I remember a time when I needed support with a project at school and my friend came over to help me finish.

GIVING SUPPORT

- Take the next few moments and find out how to give more support to members of your family and then make a plan to do it! *Parents go first, and then kids find out how you can support your family, too!*

Do you have any homework or projects that you need help with?

Are you having any problems with your friends?

Is there something that you would like to learn how to do (that's new) or learn how to do something better?





After listening to each person's responses, discuss actions steps that will be needed. How will support be given?

I would love to support you by _____

and I plan to do that in this way _____.

You just planned how to meet the need of support. Now be sure to follow through!

DO YOU KNOW WHERE YOU STAND ON THE NEED FOR SUPPORT?

Take this short quiz. If the statement is REALLY like you, circle 5. If it is NOT like you, circle 1. Add your score to see how important support is to you.

- I feel loved when someone notices that I need help and helps me.
1 2 3 4 5
- When I am overwhelmed and stressed, I like for someone to come along with me and help me.
1 2 3 4 5
- When I have to do something hard, I like it when I have another person to pitch in and give some help.
1 2 3 4 5
- I really don't like working on projects by myself. I enjoy working with a partner.
1 2 3 4 5
- I really appreciate it when someone offers their time to help me get a job done.
1 2 3 4 5

Total: _____

Ready to learn more about relational needs?

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to take the assessment!

5–11: Support is not very important for you. We all need support to some degree, so watch closely for one of your other relationship needs.

12–18: Your family's support is somewhat important. Hearing words of support fairly often would be good for you.

19–25: Your family's support is very important to you. Hearing words of support every day might not be too much.