






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!



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RelationalValues.com

Encouraging, supporting and challenging every student to achieve the highest levels of knowledge, skills and character.

Do you know where you stand on the need for APPROVAL?

Take this short quiz. It will help you determine how important the need for approval is for you. If the statement is REALLY like you, circle 5; if it is NOT like you, circle 1. Add up 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 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: _____

5—11: Approval is not very important for you. We all need approval to some degree, so be on the look out for one of your other relationship needs.

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

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

TABLE TALK

Experiences



Approval

Conversations
that
Strengthen
Family
Relationships

We all have relationship needs, but the priority of those needs is different for each person. Your greatest need may be affection, while another family member's greatest need may be for approval.

Strong families learn to love each person according to what they need most.

This Table Talk Experience will be your chance to learn more about the people you care about and better understand their relationship needs.



You will have the chance to practice meeting the need of approval!

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"/> Dependability | <input type="checkbox"/> Caring |
| <input type="checkbox"/> Respectfulness | <input type="checkbox"/> Hard-working |
| <input type="checkbox"/> Supportiveness | <input type="checkbox"/> Creativity |
| <input type="checkbox"/> Encouragement | <input type="checkbox"/> Generosity |
| <input type="checkbox"/> Kindness | <input type="checkbox"/> Compassion |
| <input type="checkbox"/> Helpfulness | <input type="checkbox"/> Loyalty |


Giving Approval

Take turns finishing this sentence (*Parents go first, then kids*):

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

Ex. 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 see that in you when you spoke up for your friend at school.

**Remember: Keep it positive.
No sarcasm or teasing!**

**You've just met the need of approval.
Way to go!**