

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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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 COMFORT?

Take this short quiz. It will help you determine how important the need for comfort 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 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: _____

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

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

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

TABLE TALK

Experiences



Comfort

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 attention, while another family member's greatest need may be for comfort.

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 comfort!

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'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 below and take turn finishing the sentences:



- ♥ 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 parents
- **Parents:** Practice giving comfort

Parents—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_____.

Kids: Take turns completing this sentence:

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

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