



Table Talk—Acceptance

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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!

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 acceptance.

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

This table talk exercise will give you a chance to learn more about the people you care about and better understand their relational needs. You will have the opportunity to practice meeting the need of acceptance.

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 the sentence on the next page:
(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. It will help you determine how important the need for acceptance is for you. 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: _____

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.



Click here to take the Relational Needs Inventory to help better identify your top needs.

