



## Table Talk—Appreciation

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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!

### 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. It will help you determine how important the need for appreciation 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 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: \_\_\_\_\_

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

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

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



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

