



## Table Talk—Affection

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### THUMBS UP!

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.)*

**OR**

*(We might have a preference about who gives us certain kinds of **affection** and whether that's done at home or in public.)*

### 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!





## GIVING AFFECTION

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 a "P" for public.

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





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

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

Take this short quiz. It will help you determine how important the need for **affection** 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 **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" 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: \_\_\_\_\_

5–11: **Affection** is not very important for you. We all need **affection** to some degree, so be on the look out 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!

