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### 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)*?

#### 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!

- |                                      |  |
|--------------------------------------|--|
| <input type="checkbox"/> Dependable  | <input type="checkbox"/> Caring        |
| <input type="checkbox"/> Respectful  | <input type="checkbox"/> Hard-working  |
| <input type="checkbox"/> Supportive  | <input type="checkbox"/> Creative      |
| <input type="checkbox"/> Encouraging | <input type="checkbox"/> Generous      |
| <input type="checkbox"/> Kind        | <input type="checkbox"/> Compassionate |
| <input type="checkbox"/> Helpful     | <input type="checkbox"/> Loyal         |





## GIVING APPROVAL

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

**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 saw that in you when you spoke up for your friend at school.*

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

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 your score to see how important **affection** 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 for 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 watching for one of your other relationship needs.

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

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



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

