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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!

**WELCOME TO MY WORLD**

Every person in every family has a need for **attention**.

**Attention means:** showing appropriate interest, care, and concern; taking thought of another; entering another’s “world.”

Giving **attention** also means listening carefully, showing interest, getting to know another person deeply, doing things with others that they enjoy doing.

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

My world is all about \_\_\_\_\_. I like for others to join me by \_\_\_\_\_.

Example: My world is all about baseball and football. I like for others to join me by coming to my games and throwing with me in the backyard.

Remember to give each person your undivided **attention**—listen as each person talks!

**GIVING ATTENTION**

Think about one of your favorite birthday celebrations. (One of the things that makes birthdays so great is that you receive more **attention**!)

Take turns finishing these sentences and listening carefully:

- One of my favorite birthdays was when\_\_\_\_\_.
- I really liked it because\_\_\_\_\_.

After each person tells their story, celebrate with one another. (In strong families, when one person is celebrating, the rest of the family enters their world and celebrates with them.)





That might sound like this:

- That's cool! I'm really happy you had fun on your birthday.
- I'm really glad that you \_\_\_\_\_. I know that was a special day for you.

Parents: Plan to meet your child's need for **attention** in the future. Ask each child the question below, and then plan some one-on-one time. Even 30 minutes is great!

What is something you and I could do together?

- |                                       |                                         |
|---------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Ride Bikes   | <input type="checkbox"/> Go to the park |
| <input type="checkbox"/> Build a tent | <input type="checkbox"/> Work a puzzle  |
| <input type="checkbox"/> Play a game  | <input type="checkbox"/> Cook together  |

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

Take this short quiz. It will help you determine how important the need for **attention** 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 is important for me to be able tell my thoughts and feelings to people around me.**  
1   2   3   4   5
- **I really like it when someone wants to spend time with me.**  
1   2   3   4   5
- **I feel loved when someone spends time doing something with me that I enjoy, especially if it's not their favorite activity.**  
1   2   3   4   5
- **I usually don't like to spend a lot of time by myself.**  
1   2   3   4   5
- **It's really important to me for people to listen to me when I talk.**  
1   2   3   4   5

Total: \_\_\_\_\_

**5—11: Attention** is not very important for you. We all need **attention** to some degree, so be watching for one of your other relationship needs.

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

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



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

