



Content for this article was provided by [RelationalValues.com](https://www.RelationalValues.com).

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 **attention**, while another family member’s greatest need may be for **security**.

Strong families learn to love each person according to what they need most. This table talk experience will be your chance to learn more about the people you care about and better understand their relationship needs.

You will also have the chance to practice meeting the need of security!

HOME BASE

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

Security means: harmony in relationships, freedom from fear, threat, harm, or abandonment.

Giving **security** also means meeting needs, keeping promises, not losing your temper, being dependable, not harming another person in any way, setting reasonable limits and sticking to them, providing routine, or letting someone know if plans have changed.





Parents—It's our responsibility and privilege to provide our children with the **security** they need to grow up. We are to provide a safe **home base** where kids can thrive.

Home base means that each child has the reassurance that you will always be there. Take this opportunity to express these reassuring sentences to your child:

- *I want you to know that there's nothing in the world that can change my love for you. It's permanent, just like _____*

- *I will always be your mom/dad. You can count on me to...*

DO A SECURITY CHECK!

Check the worry factor; talk to your child about their feelings of insecurity, anxiety or worry. Here's how you might begin:

I want you to feel safe in our home. So...

- *Is there anything I can do to help you feel less worried or anxious?*
- *Is there any area where you would say, "I wish I could count on my mom/dad to _____"?*

CHECK FOR THE UNKNOWN

Security is undermined when kids don't have routine, if their routine is disrupted, or if they simply aren't informed about the plans.

Think carefully about the week ahead:

- Have you set routines in place for homework, pick up, drop off, sports, etc.?
- Review them with your child.
- Are there any changes to the routine? Explain them now.
- Do you need to recommit to some of the routines at home? Talk about them now.





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 **SECURITY**?

Take this short quiz. It will help you determine how important the need for **security** 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 **security** is to you.

- **I feel best when my world is in order and somewhat predictable.**

1 2 3 4 5

- **I sometimes worry about the future.**

1 2 3 4 5

- **I get anxious or stressed when things change or are different in some way.**

1 2 3 4 5

- **I want my friends and family to be there for me—no matter what.**

1 2 3 4 5

- **I need to know that people in my life are doing things to meet my needs and take care of me.**

1 2 3 4 5

Total: _____

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

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

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

