



Table Talk—Support

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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!

A HELPING HAND

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

Support means: coming alongside and gently helping with a problem or struggle; providing appropriate assistance.

Giving **support** also means helping someone with a big project, doing hard things together, teaching someone how.

Take turns telling about a time when someone has met your need for **support**—a time when someone helped you with a problem or struggle (Parents go first, then children):

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 remember a time when I needed help with _____, and someone gave me **support** by _____.
- I was so grateful for their **support** because _____.

*Example: I remember a time when I needed **support** with a project at school, and my friend came over to help me finish.*

GIVING SUPPORT

Take the next few moments and discover how to give more **support** to members of your family and then make a plan to do it! (Parents go first, and then children; find out how you can **support** your family, too!)





- Do you have any homework or projects that you need help with?
- Are you having any problems with your friends?
- Is there something that's hard for you (perhaps you get frustrated every time you try)—and you'd really like some help?
- Is there something that you would like to learn how to do (that's new) or learn how to do something better?

After listening to each person's responses, discuss actions steps that will be needed. How will **support** be given?

*I would love to **support** you by _____, and I plan to do that in this way _____.*

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

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

- **I feel loved when someone notices that I need help and helps me.**

1 2 3 4 5

- **When I am overwhelmed and stressed, I like for someone to come along with me and help me.**

1 2 3 4 5

- **When I have to do something hard, I like it when I have another person to pitch in and give some help.**

1 2 3 4 5

- **I really don't like working on projects by myself. I enjoy working with a partner.**

1 2 3 4 5

- **I really appreciate it when someone offers their time to help me get a job done.**

1 2 3 4 5

Total: _____

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

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

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



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

