



Table Talk—Respect

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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 **respect**.

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!

Strong families learn to love each person according to what they need the 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 have the chance to practice meeting the need of **respect!**

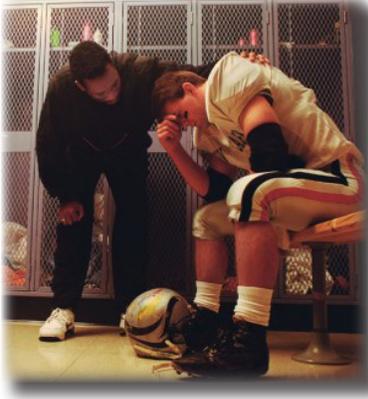
LIFE'S UP AND DOWNS

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

Respect means: Valuing and regarding another highly; treating another as important; honoring another person.

Giving **respect** also means listening without interrupting, asking for an opinion, giving a good apology, using appropriate tone of voice, or checking with you before making plans that affect you.





Take turns finishing these sentences. They are ways of showing respect (*Parents LISTEN first ... then children do the same.*):

- *I'd like to hear your opinion about _____.*
- *I'd love to know if you have any ideas for how we might _____.*
- *What do you think is the best _____?*

Example: *I'd like to hear your opinion about the best vacation ever!*
I'd love to know if you have any ideas for how we might make our home more fun.

Remember to listen attentively as each person talks—this shows respect!

Giving Respect

Giving a good apology is one of the best ways to show **respect**. A respectful apology tells the other person that you honor and value their feelings.

Parents—You'll give an apology first, since there are no perfect people (and no perfect parents)!

Think of ways in which you might have caused hurt for your child. Have there been any times when you might have:

- Broken a promise, missed a need.
- Reacted in anger, lost your temper.
- Spoken harshly or with irritation.
- Disappointed your child or let them down in some way.

Now, without justifying, excusing or rationalizing, share your apology:

- I was wrong when _____.*
- I know you must have felt _____.*
- Will you forgive me?*

After you give your apology, wait for the other person's answer:

- Yes, I forgive you.
- I'm not quite ready, but I am working toward forgiveness.

Since there are no perfect people, respectful apologies should be regular occurrences in your home!





Do you know where you stand regarding the need for **respect**?

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

- **I really like it when other people ask me for my opinion.**

1 2 3 4 5

- **I don't like being seen just as a part of a group. I like to be seen as an individual too.**

1 2 3 4 5

- **I want to be treated with kindness—no matter my age, gender, looks, or status.**

1 2 3 4 5

- **When a decision is going to affect me, I want to be a part of making the decision.**

1 2 3 4 5

- **It's really important that other people show respect for my things and my space.**

1 2 3 4 5



Total: _____

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

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

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

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

