



## Table Talk—Encouragement

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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 **encouragement**.

### 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 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 **encouragement**!

**HIP HIP HOORAY!**

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

**Encouragement means:** Urging someone to persist and persevere towards a goal.

Giving **encouragement** also means calling or texting on their “big day” and saying: “I believe in you!” “You can do it!” “Don't give up!”





Take turns finishing these sentences (children go first, then parents):

- *I've always dreamed about the day when \_\_\_\_\_.*
- *One of these days, I would love to \_\_\_\_\_.*

*Example: I've always dreamed about the day when I can hit a home run in baseball, or one of these days, I would love to play in my own band.*

Remember to give each person your undivided attention—listen as each person talks and don't dismiss any dreams that are shared!

### **GIVING Encouragement**

Give words of **encouragement** to one another right now! Cheer for each person in the goals, dreams, or efforts they just shared.

Take turns finishing these sentences about one another (parents go first, then children):



- *What impresses me most about you right now is \_\_\_\_\_*  
\_\_\_\_\_.
- *Don't give up on \_\_\_\_\_.*
- *I know you can \_\_\_\_\_.*
- *I believe in you because \_\_\_\_\_.*

Parents: Remember to **encourage** your child about their goals.

This is not a time to lecture or give instruction.

**You've just met the need  
of encouragement for  
one another.  
Way to go!**





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

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

- **I like it when someone tells me that they believe in me and believe that I can do it.**

1    2    3    4    5

- **I feel loved when someone cheers for me and tells me to keep working toward my goals.**

1    2    3    4    5

- **I sometimes feel overwhelmed with all I have to do.**

1    2    3    4    5

- **I sometimes get tired of doing what I have to do—even if they are good things.**

1    2    3    4    5

- **I really like it when someone shows interest in what I am working on.**

1    2    3    4    5

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



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

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

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

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

