

Discussion Questions

Meeting Your Child's Deepest Emotional Needs

1. Consider the statement:
'Nothing we do can add to or take away from our value.'
How easily can you embrace this statement regarding yourself / regarding your children?
2. Think about how you are using your words to encourage the behaviour you desire, both your inner dialogue and with others. Are you trying to do this by complaining / criticizing or are you affirming the positive? In what ways could you make your interactions more positive?
3. Think about a recent situation where you could have used descriptive praise. Try creating an affirming comment you could make, using descriptive praise.
4. Take time to reflect on each of the 'love languages' and how you view this in yourself and in your own family.
5. What is your primary love language?
6. Which of the love languages do you find hardest to give to others?
7. How well do you give each of the love languages to yourself?
8. Discuss your viewpoint on the need to "love yourself".