



Family Connect  
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"What do you love...?"

## 2. Appreciation Skills

Pointing out our families strengths and showing our appreciation and love to each other improves self confidence, positivity and closeness. Being in a loving and supportive family is vital for good mental health.

Gather the family and take turns answering the following questions.

### Question 1.

What is something you **love** and **appreciate** about this family?

### Question 2.

Choose any family member to go first. Other members one at a time take turns to honour this person by pointing out to them something you **love** about them or something you have **appreciated** about them lately. Look at the [Qualities List](#) for ideas.

### What works best?

- ✓ Name peoples qualities rather than achievements.
- ✓ Provide an example e.g. "You were so helpful the other day when you helped me wash the dog".
- ✓ The person getting the feedback just listens and says thank you.

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