

◇ Chapter 2
Families Make a Difference

Relationship Skills

SHOWING YOU CARE

A popular advertising slogan for a greeting card company was, "When you care enough to send the very best." Sending cards, however, is only one way of showing that you care for someone. Among family members, especially, signs of caring can be as varied and individualized as each person.

Directions: Read the list below. Think about how you show your feelings for the people who are special to you. Put a check mark in the blank beside each way that you would be likely to show you care. Then answer the questions that follow.

HOW DO YOU SHOW YOU CARE?	
<input type="checkbox"/> Giving a hug	<input type="checkbox"/> Winking
<input type="checkbox"/> Giving money	<input type="checkbox"/> Giving a pat on the back
<input type="checkbox"/> Teasing	<input type="checkbox"/> Ruffling the hair
<input type="checkbox"/> Making a special dessert or food item	<input type="checkbox"/> Putting an arm around the shoulder
<input type="checkbox"/> Giving a pinch	<input type="checkbox"/> Playing a practical joke
<input type="checkbox"/> Sharing a funny story	<input type="checkbox"/> Offering advice
<input type="checkbox"/> Giving help without being asked	<input type="checkbox"/> Using words to express your feelings
<input type="checkbox"/> Holding hands	<input type="checkbox"/> Tickling
<input type="checkbox"/> Giving a kiss	<input type="checkbox"/> Giving flowers
<input type="checkbox"/> Doing a favor	<input type="checkbox"/> Sending a card
<input type="checkbox"/> Touching the person	<input type="checkbox"/> Writing a letter
<input type="checkbox"/> Giving a special smile or look	<input type="checkbox"/> Writing and sharing a poem
<input type="checkbox"/> Giving a gift	<input type="checkbox"/> Sparring playfully
<input type="checkbox"/> Giving a slap on the back	<input type="checkbox"/> Calling on the phone

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Thinking About the Signs

1. Are there other ways that you show people you care? If so, what are they?

2. Do you think males and females tend to show caring feelings in the same or different ways? Explain your answer.

3. Saying "I love you" or "I care about you" is a very direct way to express deep feelings for another person. Sometimes such statements are difficult for people to say. Why do you think this is true?

4. What might happen when two people in a family have very different ways of showing that they care for each other?

5. Often family members use indirect methods to show they care. For example, a parent might set a curfew for teens or offer constructive criticism. How do these actions show caring?

6. When family members do not show their love for each other in conventional ways, does this necessarily mean they do not love each other? Explain your answer.

7. Identify two ways from the list on the previous page that you would like to use more often to show others that you care. Explain how you will go about doing so and why.
