

The No Fail Quiz!

With each group, rate the sentence 1 to 5 according to what would make you feel most appreciated.

5.....Most Appreciate

4.....Appreciate

3.....Doesn't Matter

2.....Don't Like

1.....This Actually Bothers Me

Do not repeat a number.

The friend in each scenario can also be a family member.

Group One

A_____ A friend notices a project you just completed and says, "You really did a great job on that. I appreciate it."

B_____ Someone unexpectedly does something in or around your room that you appreciate.

C_____ Someone brings you home your favorite candy when they went to the store for groceries.

D_____ Someone invites you to go on a walk just to chat.

E_____ Someone makes a point to hug you before leaving the house.

Group Two

A_____ Someone tells you how much he/she appreciates you.

B_____ Someone volunteers to do the dishes and encourages you to relax.

- C_____ Someone brings you your favorite kind of ice cream.
- D_____ Someone invites you to sit down with them and talk about your day.
- E_____ Someone pats you on the back even when you are just passing by room to room.

Group Three

- A_____ Someone shares during a party about a recent success you just had.
- B_____ Someone cleans your car/ bedroom.
- C_____ Someone surprises you with an unexpected gift.
- D_____ Someone invites you to go to the movies.
- E_____ Someone puts his/her arm around you when walking at the mall.

Group Four

- A_____ Someone praises you about something he/she appreciates about you.
- B_____ Someone fixes you breakfast.
- C_____ Someone surprises you with a membership that you always wanted.
- D_____ Someone plans a day trip to take with you.
- E_____ Someone will personally drive you to an event instead of you having to find a ride with someone else.

Group Five

- A_____ Someone tells you how much his/her friends appreciate you.

B_____ Someone takes the time to fill out a paperwork that you have been dreading doing.

C_____ Someone sends you something special through the mail.

D_____ Someone takes you out to your favorite restaurant for lunch.

E_____ Someone gives you a neck or back massage.

Score Sheet

Group 1 A___ B___ C___ D___ E___

Group 2 A___ B___ C___ D___ E___

Group 3 A___ B___ C___ D___ E___

Group 4 A___ B___ C___ D___ E___

Group 5 A___ B___ C___ D___ E___

Totals A___ B___ C___ D___ E___

Encouraging Words

Acts of Service

Gift-Giving

Quality Time

Touch

This shows you what makes *you* feel most loved and appreciated. Remember that what makes you feel loved and appreciated does not always make another person feel the same way.

Once you find out what causes someone else to feel loved and appreciated, you have the tools to show love and respect in a way that will best be received.