The Value of Appreciation in Family Life

Often, some people ignore the value of appreciation in family life. There is a saying, “Honey catches more flies than vinegar,” which tells people to take the positive approach to praise people. Each of us likes to be with people who make us feel good about ourselves. In family life, there is no exception. Family members need to be praised, loved, accepted, and appreciated. These are essential characteristics to build a strong family since all family members can develop a strong positive attitude about themselves and each other in their families.

Every family should recognize the individual accomplishments of each member. A simple statement means a lot to an individual. For example, “You did a nice job,” “Thank you for helping me,” “Thank you for your understanding,” “Thank you for bringing this cup for me.” These are short statements, but can convey appreciation for each member’s effort. This type of recognition helps develop a pleasant environment and mutual respect.

There are a variety of ways to develop the ability to express appreciation and make our human relationships work better thus leading to a quality family life. For example, you may start by having family members work together to list a couple of strengths of your family members or have everyone list one person’s strengths. This exercise helps family members to become aware of each other’s strengths and be more aware of their strengths as a family. In the long run, family members will get into a habit of expressing appreciation to one another. If you family hasn't had this habit, why not try now?