



**FamTec**<sup>SM</sup>  
Family + Technology

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### **Why am I completing the Appreciation Style Identifier deliverable?**

Gratitude has been medically proven to provide several beneficial effects including increased self-esteem and confidence. Yet, there are many forms of gratitude. What forms of gratitude do you prefer to receive? What about the forms of gratitude others in your family prefer? These questions, and many others, will be answered by completing this deliverable.

### **What is the Appreciation Style Identifier deliverable?**

In conjunction with Dr. Gary Chapman, the most common ways to receive gratitude have been identified. This deliverable focuses on the type of gratitude you like to **receive**. Our next deliverable, Active Gratitude, focuses on the form of gratitude you like to **give**.

### **How is the Appreciation Style Identifier deliverable completed?**

30 sets of two statements will be provided. For each set of two statements, you will select the one that is your preferred form of gratitude to receive. In the end, a chart and definitions will appear on your individual output. On the Family Summary page, your top two forms of gratitude to receive will be presented.

**Source:** Dr. Gary Chapman and Paul White have collaborated to identify the dominant attributes with which individuals seek to be affirmed. Dr. Chapman's book, *The 5 Love Languages*, is a New York Times bestseller.