

# The Seven Desires of Every Heart

By Mark & Debbie Laaser

The common yearnings of all men and women...

- To Be Heard and Understood
- To Be Affirmed
- To Be Blessed or Praised
- To Be Safe
- To Be Touched in Healthy/Non-Sexual Ways
- To Be Chosen
- To Be Included



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## The Seven Desires of Your Heart... How I received them

Give an example of how you received (or didn't receive) each desire from your childhood & family members or significant others.

<b>Desire of the Heart:</b>	<b>Dad</b>	<b>Mom</b>	<b>Siblings</b>	<b>Others</b> (coaches, teachers, pastors, g-parents, etc.)
To Be Heard and Understood:				
To Be Affirmed:				
To Be Blessed: (loved unconditionally)				
To Be Safe:				
To Be Touched: (in healthy non-sexual ways)				
To Be Chosen:				
To Be Included:				

# The Seven Desires of Every Heart

## Distorted Core Beliefs & False Substitutes

When the 'Desires of the Heart' have not been met in your life, you search out "false substitutes" or "coping strategies" to get those needs met and you create "distorted core beliefs" about yourself.

<b>Desires of the Heart:</b>	<b>If you did not receive this desire, what did that lead you to believe about yourself—your Distorted Core Beliefs</b>	<b>False Substitutes or Coping Strategies</b>
Heard & understood	Example: My feelings, thoughts and needs are not important. I don't matter.	Example: I stopped talking and withdrew a lot.
Affirmed	Example: I must not be very acceptable because no one notices me. I'm inadequate.	Example: I will do just about anything to get people to like me.
Blessed/Praised	Example: I felt I was worthless and would never amount to anything.	Example: I work excessively to excel at all I do.
Safe	Example: No one will take care of me but me. I cannot trust anyone.	Example: I became very independent and didn't want to need anyone.
Healthy Touch	Example: I won't get touched unless I am sexual.	Example: I give into or pursue sex even when I don't feel like it.
Chosen	Example: I am undesirable.	Example: I constantly spend money on clothes to feel better about myself.
Included	Example: I am not as good as others, there is something wrong with me.	Example: I became obsessed with watching TV and being alone.



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