

Heart Cries	Internal Messaging	Fulfilling Reflections	God's Provision
Acceptance	I am wanted	I can embrace God and others	Psalm 139:13-18 Romans 8:14-17
Intimacy	I am loved	I deeply love God and others	Romans 5:8 Ephesians 2:4-5
Purpose	My life matters	Your life matters	Matthew 22:37-39 Colossians 3:23 Ephesians 2:10
Affirmation	I am appreciated	I appreciate God & others	Zephaniah 3:17
Honor	I am highly valued	I highly value God & others	John 15:13 Romans 8:32
Understanding	I am known	I want to know God & others	Psalm 139:1-4
Emotional Validation	My feelings matter	Your feelings matter	Psalm 139:7-12 Hebrews 4:15 & 16
Grace	I am forgiven	I forgive easily	Romans 8:1 I John 1:9 II Corinthians 5:21
Discipline	I am under God's authority	I have peace with myself, God & others	Hebrews 12:6-11

Heart Cry	Toxic alternative
Acceptance	<p>A. “I’ll sell myself to the lowest bidder” i.e.. “likes” starvation, sexting, social media fixation, shallow relationships, addiction to porn, sexual fantasies, sex-based relationships, same sex & bi-sexual quests.</p> <p>B. Rejection produces insecurity Alcohol brings social acceptance, party highs and substance abuse</p>
Intimacy	Looking for love in all the wrong places, stale quiet times, unfulfilling relationship with God & others, seek to fulfill need with sexual relationships, porn
Purpose	Procrastination, poor study habits, laziness, little desire for time with God, excessive time with video games, Netflix, TV, Facebook, etc., slothfulness, discontentment
Affirmation	<p>Easy prey for toxic relationship hunters</p> <p>Defensiveness in professional/marital/social sharpening correction</p> <p>Difficulty with conflict resolution</p> <p>Overly competitive – always seeking next “win”</p> <p>False pride – seek habitually financial success – lack of ability to take responsibility for mistakes, lying to cover up mistakes</p>
Honor	Negative self-talk, sarcastic, gossip, slander, will use others for my gain, prideful, talks about own accomplishments, flaunts beauty, physique, talents, anorexia/bulimia
Understanding	Poor listener, talks incessantly, surface text chatter, surface social chatter, lack of depth in relationships, fear to open up about “the real me.” Lying to cover up real me.
Emotional Validation	Fear of “letting down walls”, lack of trust in relationships – nervousness with others, talk about sports, clothes, weather, makeup, etc. But afraid to open up about feelings.
Grace	Bitter, hot tempered, argumentative, shameful, guilt ridden, angry with God and others, accusing others.
Discipline	Entitlement, false pride, self-focused, aimless, self-absorbed, broken relationships, false sense of security