

Tuesday: Basic Desires "Everybody needs A BISCUIT"

*"Every child's heart and overall well-being is formed in the school of love between his or her parents. When bonds of love are secure, children and adults alike experience a pervasive sense of peace and joy, which allows them to **thrive and develop to the fullest potential**.... The absence of God's faithful love in marriage and family life leaves everyone feeling insecure." (School of fear) Be Transformed by Dr. Bob Schuchts*

Mother Teresa: "The greatest disease of mankind is the absence of love". Type A- Trauma

"When each of us comes into this world, we enter it looking for someone who is looking for us. Our deepest desire and highest hope is that there will be someone looking for us, and this person will always be there for us and pursue our hearts with a genuine desire to truly know us. Our greatest need as human beings is to be known and to know that the person who knows us, will be there for us". Curt Thompson "Being Known" Podcast

We're all born with eyes darting, searching for eyes that are looking for ours. Searching for a gaze that lights up when it meets our own. At the heart of this earthly desire is a spiritual one. Our mother's eyes, our father's gaze—they're reflections of the Father's, the One who says, "Do you see me? I see you."

"We believe that God created us with 7 basic universal desires. Having and fulfilling these desires validates our very existence. If these desires are fulfilled, we will enjoy a deeper and richer relationship with God and with others." ... "Instead of accepting the fact that we have pain and loneliness because our desires are unfulfilled, we lead lives of quiet loneliness and frustration, lives laced with anger and bitterness. We hurt and long for something more, but we often don't know what that 'something more' is." Seven Desires by Mark & Debbie Laaseer

These **unmet needs** is a root cause of our temptations / struggles in relationships (NB related to CPRHASF)

NB: The times you remember these desires being fulfilled, times they were withheld or withdrawn

Proceed with Compassion & Curiosity not Comparison / Diminishment (caution about DUI's)

Universal Desires for Connection * Wounding from the absence of * Healed and fulfilled by God

Affirmed: To make firm one's goodness. Who was a positive influence in your life? Helped you be confident in your talents, grow and develop. 'What we do'... we long for feedback, 'How are we doing in the world?'

If not, may refuse to try new things, fear of being judged/ criticized. Self Doubt- Anxiety, struggle to accept affirmations, work hard to please others. Lies, Perfectionism. (Rejected, Abandoned, Hopelessness)

Jeremiah 29:11-14, 'I know the plans/purpose I have for you' Isaiah 43:1-7

Blessed: "Who we are". Special in another's eyes, Parents primary source of blessing, femininity/ masculinity.

'You have what it takes' or 'your captivating'. Less likely to be tossed about by what others think/say

Aware goodness prior to anything, Moved/delight in it without desire to possess/use, Visible Change/ response

If not, may feel guilty, shameful about who you are. "I am a mistake, not enough, on my own", cursed.

Isa 43:1-7 'precious in my eyes' Palm 100: "Know He the Lord is God, He made us, we belong to him"

Ephesians 1: 3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ. (Shame, Rejection, Powerlessness)

Included: We long to belong, for community, fellowships. Starts in the family, friends, groups, sports.

What groups do you belong to? Long to belong to? Come from? Adoption/ Ancestry.com Divorce/Separation

Feel like don't belong/wanted in a social gathering? Want to exclude others from joining a group you're in

Psalm 100:3 "Know that the LORD is God, he made us, we belong to him, we are his people"

Isa 49:13-16 "Even if a mother forget you, I will never forget you." (Abandonment, Rejected)

Safe: Home Environment: Spiritual, Emotional, Materially. Feel freedom/confidence to explore the world/risks.

If not worry/ OCD. Aggressive, Compliant, Withdrawn; Prophet, Martyr, Hermit. Fight/Freeze-Appease/ Flight

Psalm 23: 4 "Though I walk through the valley of the shadow of death, I will fear no evil; For you are with me"

"Be not afraid" "Behold I am with you always" Mt 28:20 (Fear)

Chosen: Selected to be in special relationship. Desire to be desired. If not, distorted belief about self.

OT Gods chosen ppl, NT All are chosen. Roman Adoption.

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In 15:15 “it was I who chose you”. Ephesians 1: 4 “Just as He chose us in Him before the foundation of the world, that we should be holy & without blame before Him in love.” (Rejection/Abandonment)

“Self- Rejection is the greatest enemy of the spiritual life because it contradicts the sacred voice that calls us the beloved” Henry Nouwen

Understood/ Heard: Time when you were truly listened to? Was not heard?

Not to be discovered by those we most need to be. Preverbal- Still Face Experiment. Attunement

‘Time to think’ Nancy Kline **If not, may assume being ignored, speak differently** (Talk louder, Slow down, Argumentative/Not give up the floor)

Desire to be heard by God, “I cried to God and he heard me” Ps 77:1

“Give ear and come to me, hear me that your soul may live” Isa 55:3 (Confused)

+ **Intimacy:** ‘Into fear’ to connect, to be seen as we truly are, physically, emotionally, spiritually, without fig leaves to make us presentable. Desire for companionship, friendship. We desire it/fear it. Vulnerable

Ps 46:10 Be still and know that I am God. Isa 43:1 “I have called you by name, you are mine.”

Isa 49:1 “I have engraved you in the palm of my hand” Psalm 139 “O, Lord you have searched me and known me”

Touched Appropriately: Skin to skin as babies, parents let you touch their face/glasses, stays with us for rest of our lives. Hugs good for your heart. Authority figures and mistrust of God.

If not, experiments on Romanian babies, disconnection, sexual, physical, emotional abuse.(1-4 girls/1-5 boys) Type A/B Hosea 11:1-9 Isa 49:13-16, Jesus’ healing touch. (Rejection, Shame, Fear).

Particular desires, men: Battle to Fight, Adventure to Live, Rescue a Beauty (Brave Heart)

Women: Be Fought for, Pursued, Rescued (Last of Mohicans)

<https://adamyoungcounseling.com/wp-content/uploads/2019/12/The-Big-Six.pdf>

THE BIG SIX

As a child, your most important attachment was your connection with your primary caregiver. This one relationship shaped your brain more than anything else. Every child needs the following six things from your parents...

1 Attunement : Were your parents so attuned to you that they knew what you were feeling? A parent that is distracted by their own needs, wants, emotions, and personal pain cannot be attuned to the child’s needs.

2 Responsiveness : When you were distressed (mad, sad, afraid), did your parents respond to you? Did they offer comfort, care, and kindness?

3 Engagement : Did your parents have an internal intention and genuine desire to truly know you—to know your heart? Were they willing and able to engage with you on a heart level? Were you pursued by your parents?

4 Ability to Regulate Your Arousal: Arousal refers to the bodily sensations you feel inside of you during moments of distress. If your mother was attuned enough to you and willing to respond to you and engage with you, then she was able to effectively regulate your arousal. In other words, she was able to soothe you when you were anxious or scared, and stimulate you when you were shutting down.

5 Strong Enough to Handle Your Negative Emotions : Did your parents welcome your anger, sadness, and fear? As a child, you needed to be free to express negative emotions—to cry, rage, or fall silent—knowing that you would be responded to in a loving, meaningful way. You needed to know deep down that your emotions were accepted and allowed. Did your parents communicate (verbally or nonverbally) that these emotions were somehow “bad”? You needed to feel the freedom to say, “I hate you” or “you don’t love me” knowing that you would not be met with “Go to your room!” or “How can you say that?” or “Don’t you know that hurts mommy’s feelings?” When your parents hurt you, did they own and rectify the harm done? A healthy, trusting attachment is not built on the absence of failure but on the willingness of the parent to own and rectify failures when they do occur.

6 Willingness to Repair : As an infant you had absolutely no ability to regulate your own arousal. However, if your mother was able to regulate your arousal, then she enabled you to learn how to regulate your own arousal—to calm your own anxiety and spring to life again when you were going numb. A child cannot regulate his or her own arousal—the child is utterly dependent on their mother’s ability to regulate it for them.

NB: Litanies of the Heart by Dr Gerry Crete (Insecure attachments: Avoidant, Anxious, Disorganized)