

Went as far as I could go with my head - now I entered upon the journey of my heart.

IMPAIRED EXPRESSION OF FULL LIVING

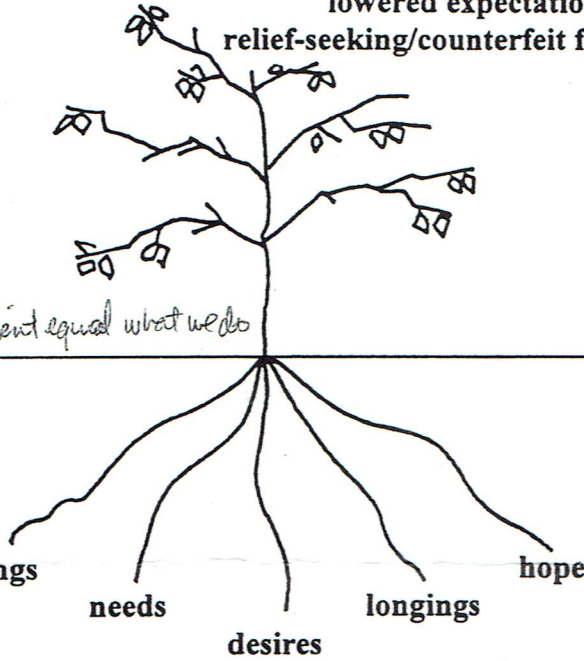
From an *emot/spirit. creature* who are created to live fully in relationship - can't do it w/ my heart in it.

practice of hopelessness
shame about internal makeup
lowered expectations

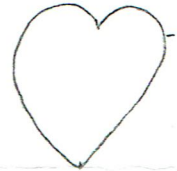
relief-seeking/counterfeit fulfillment

Survival
(understandable, but distorted presentation of feelings, desires, longings, needs, and hope, that expresses woundedness and distrust in relationship)

How we're born to be doesn't equal what we do



Life
(hope over experience)



tools for relationship
pours into my heart

Feelings

- loneliness
- anger
- sadness
- fear
- hurt
- gladness
- shame
- guilt

Needs

- security
- safety
- touch
- belonging
- significance
- grieving
- attention
- sexuality
- guidance
- accomplishment
- support
- nurturing
- freedom
- listening
- trust

Desires

- energy that moves one toward fulfillment and expression

Longings

- deep motivation that is spiritually connected to fulfill our soulful wish for rest, peace, justice and home

Hope

- inextinguishable cause/agent that seeks fulfillment of relational createdness

} what is this?

* need and hope to create relationships

Fig. 1

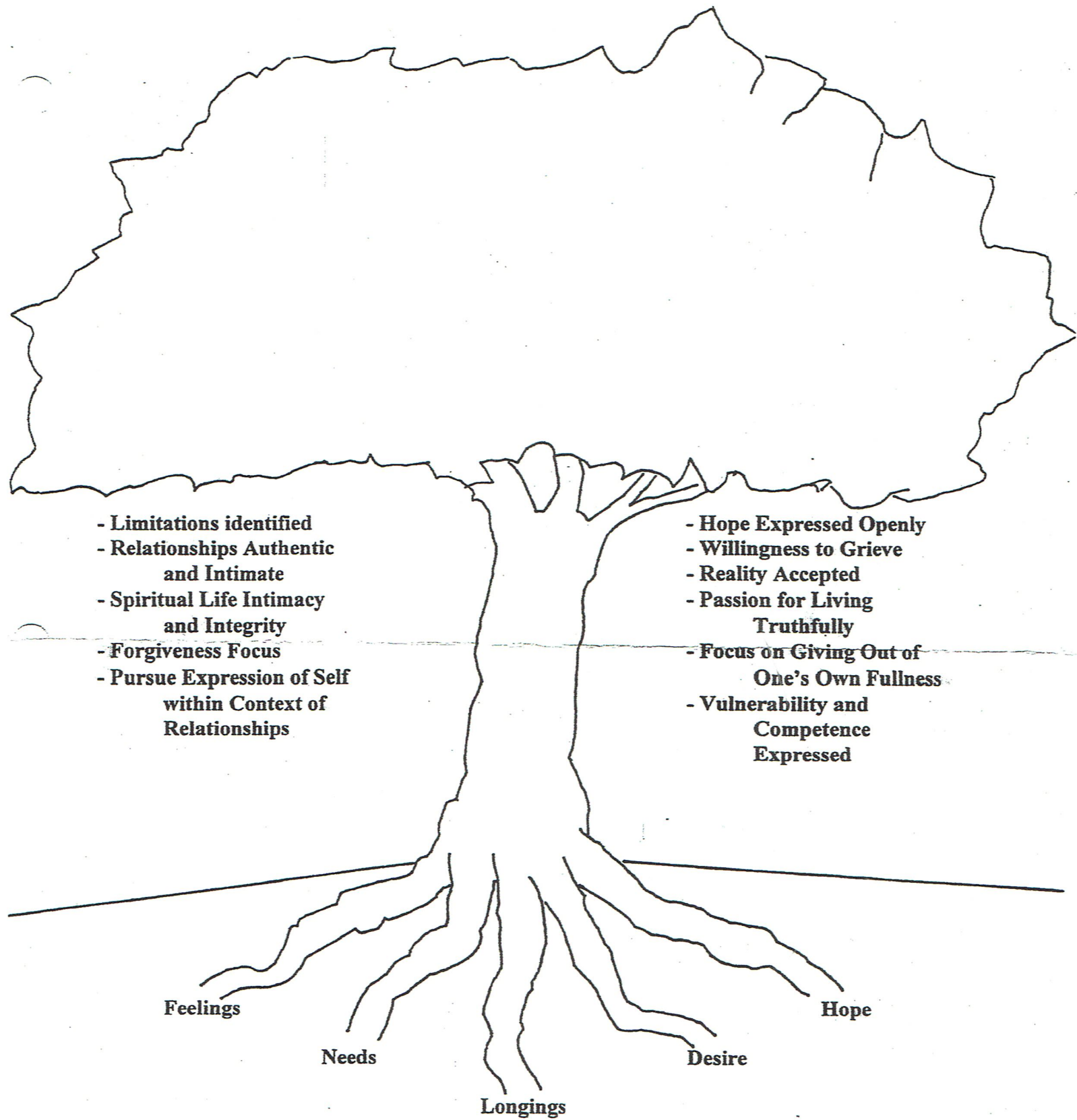


Fig. 2