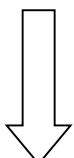
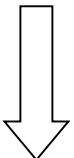


Abbreviated History

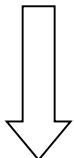
1. BORN NEEDY: We are all born with basic emotional needs.

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- Love: Contentment, peace, satisfaction, fulfillment, and completeness
 - Acceptance: unconditional love and acceptance, to be liked as we are
 - Worth: a sense of value, significance, and importance
 - Security: Safe from harm, embarrassment, exposure, failure, rejection

2. LIFE MESSAGES: We receive messages that form our beliefs about God, ourselves, and others.

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- We form life messages (beliefs) through hurtful experiences of obvious or subtle rejection
 - Parents, family, and significant adults
 - Friends and teachers
 - Traumatic Events

3. THOUGHTS AND FEELINGS: Obvious or subtle rejection causes us to have powerful feeling and thinking patterns.

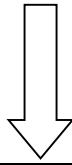


Please circle any feelings that were common to you from the list below, especially when you are having a bad day.

Guilty	Agony	Ashamed	Grief	Depressed
Exhausted	Lonely or Alone	Disappointed	Bored	Hopeless
Tired	Miserable	Remorseful	Naive Stupid	Idiot
Inferior	Undecided	Isolated	Apathetic	Indifferent
Sleepy	Confused	Puzzled	Rejected	Uncertain
Helpless	Vulnerable	Submissive	Exposed	Insecure
Defenseless	Anxious	Frightened	Afraid	Bewildered
Cold / numb	Discouraged	Insignificant	Bashful	Crazy
Hysterical/Frantic	Embarrassed	Panicky	Overwhelmed	Shy
Cautious	Foolish	Surprised	Shocked	Disbelief
Abandoned	Excluded	Misjudged	Victimized	Abused
Exploited	Misunderstood	Aggravated	Neurotic	Worried
Alienated	Gloomy	Greedy	Persecuted	Antagonistic
Pressured	Rebellious	Apprehensive	Regretful	Immature
Remorseful	Competitive	Inadequate	Restless	Defensive
Incompetent	Revengeful	Inefficient	Desperate	Scattered
Distracted	Inhibited (free)	Disillusioned	Insecure	Dissatisfied
Tense	Uncoordinated	Ugly	Disgusting	Distrusted
Doomed	Doubtful	Lethargic	Dumb	Lost
Maladjusted	Hopeless	Used	Small	Suspicious
Unstable	Melancholy	Upset	Worthless	Failure
Dirty	On my own	Trapped	Powerless	Disconnected

List any feelings that you are aware of that are not on this list: _____

4. BELIEFS: As a result, we draw conclusions about ourselves, God, others, and life. Often these beliefs do not reflect the truth even though they feel and seem true.



From the list below, please circle any of the common ways that you feel, think, or even things you say to yourself or out loud, especially when you are having a bad day.

I am not loved.	I am not lovable.	I am not cherished.	I am not desired.
I am not missed.	I am not needed.	I am not okay.	I am not esteemed.
I am not respected	I am not valued.	I am no good.	I am not good enough.
I don't measure up.	I don't belong.	I am unwanted.	I am guilty.
I am competent.	I am strong/able.	I am loved.	I am valued.
I am liked.	I am free to be me.	I am safe.	I am heard.
I am ashamed.	I deserve punishment.	I am worthless.	I am insignificant.
I am a disappointment.	I am not important.	I am not desirable.	I don't deserve love.
I am inferior.	I am broken.	I am flawed.	I am confused.
I don't deserve acceptance.	I am disconnected.	I am an outsider.	I am not as good as...
I am a wreck.	I am what I do.	I am all alone.	I am on my own.
I am fearful/afraid.	I am a failure.	I can't be a success.	I am inferior.
I am inadequate.	I am not able.	I am not competent.	Nowhere is safe.
No one is safe.	I am invisible.	I am the problem.	I am not the problem.
Life is out of control.	I only have bad luck.	Bad things will happen to me.	I can't get anything right.
I am not important.	I am dumb/stupid.	I am unsafe.	I am not heard.
I am not understood.	I don't fit anywhere.	I am an embarrassment.	I am usable.

5. FLESH PATTERNS: The coping methods, behavioral patterns, or survival strategies that we

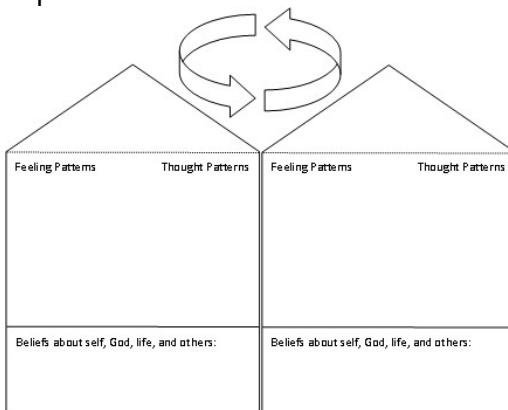
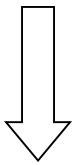


develop to protect ourselves from more rejection or promote ourselves to earn love, acceptance, worth, or security are called our flesh patterns.

Circle all the ways you cope with pain, rejection, or pressure, especially on a bad day.

Self-absorbed	self-pity, focus on suffering to get attention, victim or martyr
Withdrawal	distance self from others, avoiding others (loner), non-communicative,
Obsessed	with accomplishments, recognition, appearance, structure, a cause, health
Escapism	through sex, drugs/alcohol, work, fantasy, porn, TV, sleep, food, exercise
Self-reliant	try harder, too strict on self and others, legalistic, fear making mistakes
Self-gratifying	impulsive, shopping, food, sugar, alcohol, lack of self-control, "If it feels good, do it."
Anxious/Nervous	fearful, lack peace/rest, paralyzed, overly suspicious, use astrology for answers
Dominant	bossy, demanding, overbearing, controlling, intimidating, manipulative, threats, unyielding, profanity, blackmail, silent treatment, threatening behavior
Complacent	"doesn't matter," give up, not take a chance/avoid failure, let others tell what to do
Passive	unreliable, procrastinating, non-decisive, apathetic
Insensitive	uncaring, indifferent, unsympathetic
Resist authority	uncooperative, not teachable, striving, inflexible, obstinate, unreasonable
Pessimistic	suspicious; distrusting others, self, God, church, government, never satisfied
Fault finding	nitpick, opinionated, intolerant, complainer
Hostile or angry	unfriendly, malicious, cruel, brutal (force), sarcastic, quick temper
Self-righteous	defensive, hide mistakes, assume you are never the problem, blame-shift
Unemotional	avoid intimacy, deny feelings, unable to express love, keep people at a distance
Self-depreciation	assumes I'm the problem, overly apologetic, cling to those who accept
Pleaser	be all things to all people, say what others want to hear, give in easily, avoid conflict, disregard own preferences or opinions
Unforgiving	bitter, hold grudge, keep score, seek revenge, punishing, barbed remarks
Fight unfairly	slanderous, misrepresent the truth, gossip, passive-aggressive, pretend like don't hurt
Put up a Front	fake, phony, superficial, too gushy, putting on a show
Caretaker	overprotective, feel responsible for other's feelings, give unsolicited advice, provide unsolicited advice, try to prevent other's failure, possessive, badger or nag

6. FRUSTRATION AND CONFLICT: Our flesh patterns, or coping mechanisms, eventually fail and lead to frustration and conflict in all of our relationships, especially in our marriages, and become the number one reason for divorce. Flesh is detrimental to marriages because it forms a barrier to intimacy and interdependence.



7. WHAT I BROUGHT INTO THE MARRIAGE: Using the information circled above, complete your life messages “house,” indicating all that you brought into your half of the marriage.