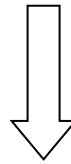


Our Basic Needs

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



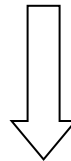
- Love: Contentment, peace, satisfaction, fulfillment, and completeness
- Acceptance: unconditional love and acceptance, to be liked for who we really are
- Worth: the sense of value, significance, and importance
- Security: Safe from harm, embarrassment, exposure, failure, rejection

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



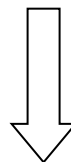
- Our life messages are formed by hurtful experiences of obvious or subtle rejection
- Parents, family, and significant adults
- Friends and teachers
- Traumatic Events

3. **FEELINGS AND BELIEFS:** Obvious or subtle rejection causes us to have powerful feelings. From these feelings, we draw conclusions about ourselves, God, and others.



- "I am not loved or lovable.
- "I am insignificant, not valued, or worthless."
- "There is something wrong with me."
- "I am a failure, stupid, inept."

4. **SURVIVAL STRATEGIES:** The coping methods, behavioral patterns, or 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.



- Withdrawal: distance self from others, non-communicative, a loner
- Escapism: work, fantasy, food, religious activity, drugs/alcohol, sex/porn, exercise
- Pleaser: be all things to all people, say what others want to hear, avoid conflict, give in easily
- Self-righteous: defensive, hide mistakes, assume not the problem, blame shift
- Self-reliant: try harder, too strict on self and others, legalistic, fear of making mistakes

5. **FRUSTRATION AND CONFLICT:** Our flesh patterns, or coping mechanisms, eventually fail and lead to frustration and conflict in all of our relationships, especially our marriages, and become the number one reason for divorce. Flesh is detrimental to marriages: