

# The 7 Desires of the Heart

Adapted from *The 7 Desires of the Heart* by The Laasers

Regardless of our age, gender, ethnic background, or culture, the 7 Desires of the Heart are universal. We all want the 7 Desires to be met in our lives. When we long for this to happen and it doesn't or when we encounter people who give us the opposite of our 7 Desires we often get triggered. When we are triggered without awareness of what is happening then we often start through The Cycle and eventually engage in some type of acting out behavior. The first step is to learn more about the 7 Desires of the Heart.

## # 1 - To Be Heard and Understood

We all want our words to be heard and understood however we also want people in relationship with us to hear and understand our feelings and emotions and what is in our heart. Sometimes when we don't feel heard we talk louder, repeat ourselves over and over again, and/or become argumentative. Sometimes we go back to being a little child. We scream, plead, stomp, hit, and/or throw a temper tantrum.

## # 2 - To Be Affirmed

We all desire to be affirmed and to believe that someone approves of who we are and what we do. We long to have friends and others in our lives recognize and acknowledge the things we do well. Sometimes our need for affirmation is so great we won't try things because we are afraid we will be criticized and judged rather than affirmed. Some of us grew up in homes or in environments that not only do we not get affirmed but we got actively criticized for the things we did. If you did not get affirmation as a child and/or were actively criticized you probably struggle with guilt and self-doubt. We often try to get this desire met by becoming a great doer.

## #3 - To Be Blessed

While affirmations are about what we do, blessings are about who we are. A blessing happens when someone lets you know that you are a very special person in their life. When we are blessed we don't have to do anything. We are loved just for being who we are. As mentioned above we don't get affirmations we feel guilty. When we don't feel blessed we feel shameful about who we are. Shame is about feeling like I am a mistake. When you have not received the 7 Desire of blessing you often feel you are not enough, that you don't have value or purpose. Those of who were not blessed as children often go through life angry or sad. They also often feel like a victim – someone without choices in life.

## #4 - To Be Safe

We all desire to be safe – to be free of all fears and anxieties. Obviously we all want to feel physically safe however we also want to know that we are emotionally secure, that those around us are reliable, that those people who we value can be counted on. If you don't feel physically and/or emotionally safe you often develop a lot of anxiety.



## **#5 To be Touched**

This desire can be about sexual touch but it is also about non sexual touch. We never outgrow the need to be touched. Touch releases powerful “feel good” chemical in our brains. Being touch by other helps us know we are loved and cared for. If we didn’t get enough touch in our lives when we were babies and children then we end up with a life long hunger for touch. We often turn to sex to get these touch needs met, however this rarely works when our hunger is for the nonsexual touch of care, love, and concern. Without non sexual touch in our lives we often feel isolated and unloved.

## **#6 - To Be Chosen**

It is a wonderful experience to be chosen whether it is in a romantic relationship, friendship, or even for some small task. We all love being chosen to be part of something. Being chosen means we are special and accepted. When we are not chosen, we don’t feel loveable or enough in the world. We often feel despair and hopeless.

## **#7 – To Be Included**

The desire to be included is related to the desire to be chosen however it is more about the desire to belong. This desire is about community. We all long to be part of something bigger than ourselves. It helps us feel like we are not alone. Belonging has all kinds of emotional, physical, and spirituality benefits. Often people who felt from a very early age like an outcast in their family have a very deep need to be included. Often times we will go against our wants, desires, beliefs just to be included in a group. We can become desperate to be included, needy to be included, which of course pushes people away and then we really don’t feel included!

## **“Food For Thought”**

Do you think your need for the 7 Desires is related at all to your sexual fantasies?

Which 7 Desire may be most related to you sexual fantasies?

Think about your most frequent unwanted sexual fantasy and how it may be related to a 7 Desire or an emotional need.