**The 7 Desires and Technology**

**Adapted from material by Mark and Deb Laaser**

Individuals often use technology to inappropriately find ways to meet their 7 Desires; however, technology can be used to appropriately find connection and other aspects of the 7 Desires. A combination of offline and online ways to meet these 7 Desires can be helpful.

**# 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.

**# 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.

**#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.

**#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.

**#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 a powerful “feel good” chemical in our brains. Being touched by other helps us know we are loved and cared for. In the context of technology, “to be touched” may mean “to be touched” emotionally, not necessarily physical.

**#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.

**#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 spiritual benefits

 **Food for Thought**

Which of these 7 Desires are most relevant to you?

How do you get these 7 Desires met in the offline/real world?

Can you think of ways to get these 7 Desires met with technology?

How have you used technology to inappropriately meet some of the 7 Desires and how can you protect yourself from this in the future?