



## **7 Desires of Every Man and Woman**

1. To be heard and understood
2. To be affirmed
3. To be blessed
4. To be safe
5. To be touched
6. To be chosen
7. To be included

## **THE ICEBERG MODEL**

1. **What is the problem or behavior?**
2. **What are your feelings when this problem or behavior occur?**
3. **How have you coped with these feelings?**
4. **What is your perception and meaning of the problem or behavior?**
5. **What is the distorted core belief that you create about yourself?**
6. **What are your expectations?**
7. **What are the desires you long for?**
8. **What is the truth about you and the truth about the problem?**
9. **What are some possibilities for change?**