

My History of Hurts



The Heart Care of Practice Three, *Choose Healthy Over Unhealthy*, invites you to look at your “History of Hurts” (your heart’s emotional memory) and develop your “Vision of Victory” (plan your future) by charting significant markers in your life, which perhaps have shaped you. After reading Janell’s example in *Heart Care*, take a few quiet moments to jot yours down, right here:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

These significant markers lead us to answer these four guiding questions:

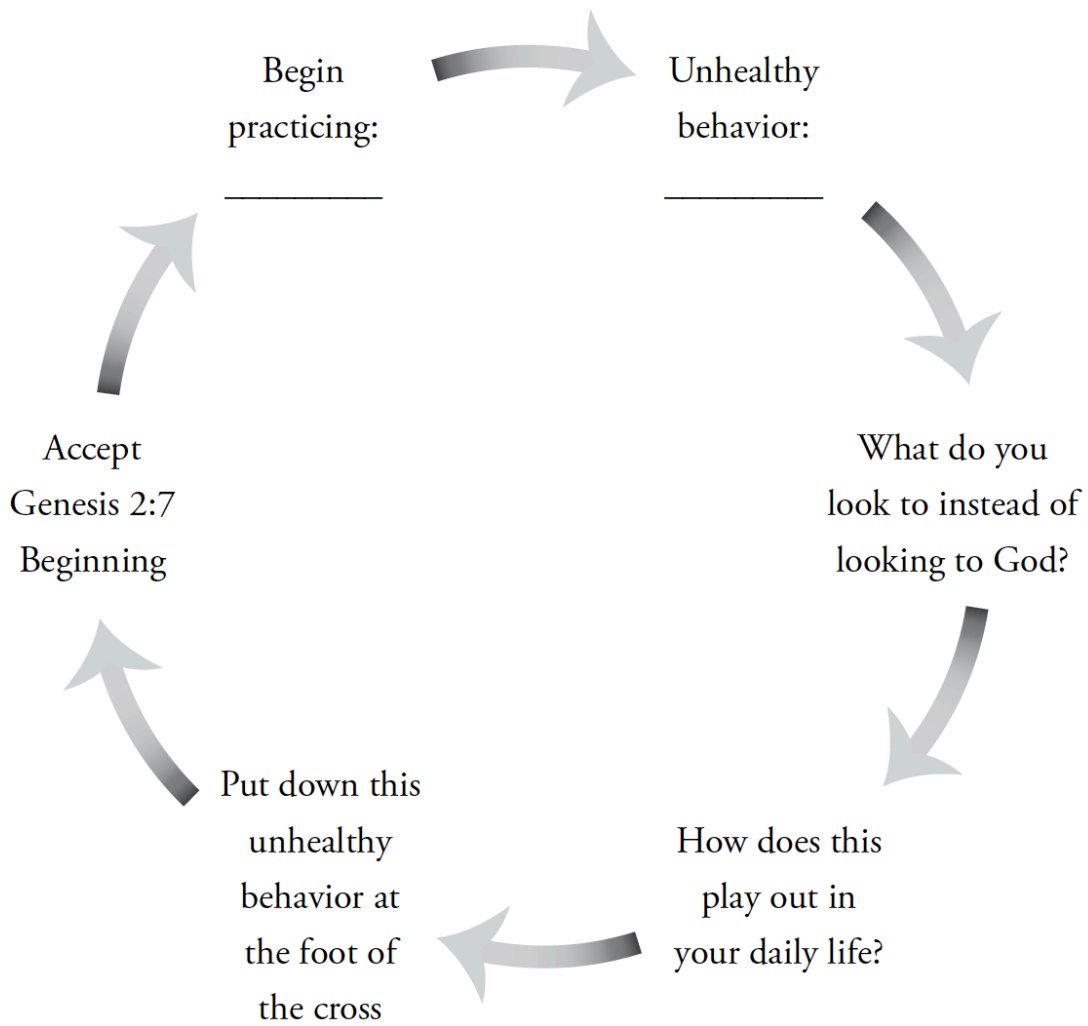
- Why do I think the way I think? -

➤ Why do I hear the way I hear?

➤ Why do people treat me the way they treat me?

➤ Why do I treat people the way I do?

As you reflect on your *History of Hurts*, what unhealthy behaviors keep getting in the way of your truly becoming the remarkable woman God created you to be? What is keeping you from living your Genesis 2:7 Beginning? For today, choose one. Yes, one. True and lasting change happens in baby steps. Use the diagram (on the next page) and chart your "Vision of Victory":



Before you go, spend time meditating on Proverbs 4:23, "Above all else, guard your affections. For they influence everything in your life.

- What does "everything" mean to you?
- What unhealthy behaviors do you want to re-author, i.e., change the narrative from negative to positive?