

**ALL Habits** are based on **two motivations**

1. Avoiding Very **Painful Consistent** Consequences
2. Receiving a Sense of **Reward** from this action

Eating, Work,  
Dating, Children,  
Driving, Schedule,  
Talk, Pray, Teeth

**No one changes** a habit without a **major consistent** jump in at **least 1** of these.

Jude 1:23, Prov.13:24, 19:18, 22:15, Eccl.8:11, Prov.23:13-14, 29:17, Dt.8:5, Heb.12:6

1. Husband with a Porn Addiction
2. Anger Addiction
3. Disobedient child
4. Lack of a Prayer Life



Answer –

They are  
the

Thing

When establishing **Early & Clear** **Boundaries**

➤When I **LOVE** someone I **Say**:  
*It would*  
**Bless** me so much  
*if you could **Please** ....*  
*If you can not, I would*  
 need to **WITHDRAW.**

Children - privileges/ Job / Mate / Dating

## Healthy Soul

