

## 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

