

## OBSTACLES TO INTIMACY

### 1. SELF-RELIANCE

**View of self:** *Denying* my neediness. "I have no needs. But if I did, I'd take care of them myself."

**Scripture references:** Revelation 3:17: "You say, 'I...do not need a thing.' But you do not realize that you are wretched, pitiful, poor, blind and naked." Galatians 3:1-5: "After beginning with the Spirit, are you now trying to attain your goal by human effort? Have you suffered so much for nothing?" [Those stuck in self-reliance truly suffer for nothing.]

**View of God:** God/the Church/the Gospel is . . . *unessential* to my needs.

**Might manifest as:** impatience, irritation, numbness, judgmental attitude, criticism of others, overwork, perfectionism

**Might be disguised as:** confidence, holiness

**When others express needs, you might feel:** irritated

**Treatment:** Treat self-reliance with *humility* and a sober view of yourself. (And empty your emotional cup.)

### 2. SELF-CONDEMNATION

**View of self:** *Denouncing* my neediness. "I'm ashamed to say that I have needs. And they probably shouldn't/won't get met."

**Scripture references:** Romans 8:1: "There is now no condemnation for those who are in Christ Jesus." Philippians 4:19: "And my God will meet all your needs according to his glorious riches in Christ Jesus."

**View of God:** God/the Church/the Gospel is . . . *ineffectual* for my needs.

**Might manifest as:** self-destructive behaviors like anorexia, self-injury, and promiscuity; depression; self-hatred; false guilt; negative self-talk

**Might be disguised as:** humility, others-focus

**When others express needs, you might feel:** overburdened

**Treatment:** Treat self-condemnation with *gratitude* and receptivity to blessings. (And empty your emotional cup.)

### 3. SELFISH TAKING

**View of self:** *Exalting* my neediness. "I have needs, and I will take from you to get them met."

**Scripture references:** Philippians 2:3: "Do nothing out of selfish ambition or vain conceit." James 4:12: "What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it."

**View of God:** God/the Church/the Gospel is . . . *insufficient* for my needs.

**Might manifest as:** controlling or manipulative behaviors; abusive language or actions; excessive talking, interrupting, or inappropriate attention seeking; unreasonable demands; jealousy; strife

**Might be disguised as:** righteous anger or zeal, suffering for Christ

**When others express needs, you might feel:** threatened (or jealous, if their needs get met)

**Treatment:** Treat selfish taking with *faith* in God's promises. Learn to *receive* as God provides rather than *taking*. (And empty your emotional cup.)