

OBSTACLES TO INTIMACY

(Symptoms of a Full Emotional Cup)

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?"

Might manifest as: impatience, judgmental or critical attitude, overwork.

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: *Embarrassed* by my neediness. "I'm ashamed to say that I have needs. And even if I did, they probably shouldn't/wouldn'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."

Might manifest as: self-destructive behaviors; depression; negative self-talk.

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."

Might manifest as: manipulative or abusive tendencies, unreasonable demands, jealousy.

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).



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