

THE JOURNEY INTO THE
DIVIDER *Heart*
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Checklist/Worksheet

I tend to use the following to protect my heart from hurt and pain:

- Anger** (internalized pouting, to outward aggression)
- Avoidance** (flight not fight, from people, conflict, intimacy, like Jonah)
- Addictions** (buffers pain, substances, work, perfectionism, materialism)
- Compartmentalization** (black and white thinking, making your life predictable to feel safe)
- Compensating** (striving, trying too hard, accenting strengths to make up for weaknesses)
- Denial** (what have others been telling you, what if there is some truth in that?)
- Displacement/Projection** (Thinking someone is making you feel something. You assign to others what has been a hurt in you from long ago)
- Hopelessness** (it is easier, less scary to feel hopeless than take a risk at something)
- Intellectualization** (avoiding your broken heart by living from and in your head)
- Minimizing** (“it wasn’t that bad”, “just a little bit”)
- Regression** (your actions while you are emotionally stirred, are younger developmentally, and more immature)
- Repression/ Suppression** (stuffing emotions)
- Sublimation** (unconsciously acting out negative emotions with something socially acceptable like cleaning or working out)
- Victimization** (focusing on what was done to you to justify not taking action, not taking responsibility for self)
- Dissociation** (unplugging from your heart across a continuum of intensity)

____ I decided to give Father God the role of being the Protector of my heart and to renounce my right to control my emotional heart by using these defense mechanisms listed above without the leading of the Holy Spirit.

Signature

Date

Question to pray: Holy Spirit, what do my walls and defense mechanisms look like? What would you like to show me about them?

Notes:

Interventions

Here are some of the ways that I need to address my "Divided Heart":

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| <input type="checkbox"/> Salvation | <input type="checkbox"/> Setting Up Boundaries and |
| <input type="checkbox"/> Repentance | Knocking Down Walls |
| <input type="checkbox"/> The Power of the Will | <input type="checkbox"/> HeartSync Inner Healing |
| <input type="checkbox"/> Reframing | <input type="checkbox"/> Gaining Attachments |
| <input type="checkbox"/> Spiritual Warfare | <input type="checkbox"/> Community Living |

Notes:

Prayers:
