

place to start, I explain that people generally share seven core thirsts. Though this list is not exhaustive, it offers a straightforward way for you to begin to put words to what lies below the surface of your life:

- Attention—I long for people to like me. I long for your embrace.
- Affection—I long to be enjoyed. I long to be delighted in. I long for you to take pleasure in who I am.
- Affirmation—I long to know I have what it takes. I long for your blessing.
- Acceptance—I long to belong. I long to be desired.
- Satisfaction—I long for fullness. I long for well-being.
- Significance—I long for impact. I long for meaning. I long to be powerful.
- Security—I long to know I will be okay.

All of these core thirsts are God-given appetites and longings. When they are suppressed, cut off, or shut down, we resemble an Indy car running on four cylinders. Because of this, we fail to live from our hearts. To run on eight cylinders, we need to acknowledge that we are thirsty