

YOUR MOVE

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THE SEVEN LETHAL ASSUMPTIONS

If you want to break the cycle of repeated mistakes, regret and resolve aren't enough. You can't will yourself into a different future. If you think the way you used to think, you'll do the things you used to do.

Here are Seven Lethal Assumptions people make:

1. "If I can find the *right* person, everything will be *all right*."
When you use a relationship as an escape strategy, you undermine that relationship. Relationships are not designed for rescue.
2. "My situation is unique."
This is what we say to avoid good advice. You are not the exception to the rule. You are unique, but your situation isn't.
3. "It's not *right*, but it makes me *happy*. God wants me to be happy."
If it's not right, things won't turn out right.
4. "If only I had _____, then I would be *satisfied*."
Things don't satisfy. If you feed an appetite, it grows. The more you have, the more you want.
5. "'I owe' is better than '*I want*.'"
This is backwards. "I want" is always better than "I owe."
6. "My secret is safe with me."
Secrets leak. And when they do, they sink relationships.
7. "Sex will solve it."
Sex will complicate it. Sex will make it even more difficult to do the right thing. Sex will create obligation.

If you want to break the cycle of repeated mistakes, rethink it.