

**BEN BENNETT'S RESPONSES TO QUESTIONS
ASKED AT
TRANSFORMATIONAL TRUTH 2021**

1. Is there a kid's book for the 7 longings of thriving?

No but that is a great idea. We will be exploring the Seven Longings in depth in our new book Free To Thrive which comes out August 17, 2021. It is currently available for preorder here: <https://www.amazon.com/Free-Thrive-Struggles-Longings-Fulfilling/dp/031012333X>

2. Is the work you do in Resolution for men and women? So many sexual and pornography resources I know are only made for men.

Yes, we intentionally launched it for men and women and that was one of the reasons - both men and women struggle with unwanted sexual behavior. Unfortunately, it can lead to further shame for women when all they see is resources for men. We need more resources to support women!

3. What lead you to the conclusion that there are seven longings and these seven terms are those seven longings?

Decades of lived experience, research, studying the scriptures and psychology. As we developed them, we thought about six longings, but it wasn't enough because there was a seventh, we knew of that couldn't be combined with another. And we thought about eight longings but the eighth we thought of was redundant because it was almost the same as another longing.

4. If you don't have a community to help you get healthy what can you do?

Create it! Be the safe person that others need. Get together with 1-2 other people of the same gender and commit to being there for one another. There are also many online support groups you can join. Puredesire.org has great ones for unwanted sexual behavior.

5. What can the local church do better to be places where the seven longings can be met?

The main thing is becoming familiar with them and having them be constantly on the minds of the people and like a filter that is through in preaching, community groups, outreach, evangelism training, bible study etc. Basically, continue to come back to the idea that no one's sin patterns, doubts, or struggles are random - unmet longings lead to these things. Then think through how to help people discover this and how they can experience the fulfillment of their seven longings.

6. For affirmation of feelings, when do you start to "fix it" when your feelings are leading to sin?

We all need our feelings affirmed but there is a difference between having the feelings/emotions and acting on them. We always need to think before we act. When feelings are strong, taking deep breaths for a couple minutes, or having someone to talk to right away is helpful rather than reacting and sinning. If it's something like anxiety or sadness here's what helps me - Acknowledging the emotions/feelings, not judging them, having compassion for myself, sitting with it, and then beginning to tell myself the truth and move into what I want to feel based on the situation.

7. I'm sorry I only got six out of seven longings. Please name them all again:

Acceptance
Appreciation
Affection
Access
Attention
Affirmation of Feelings
Assurance of Safety