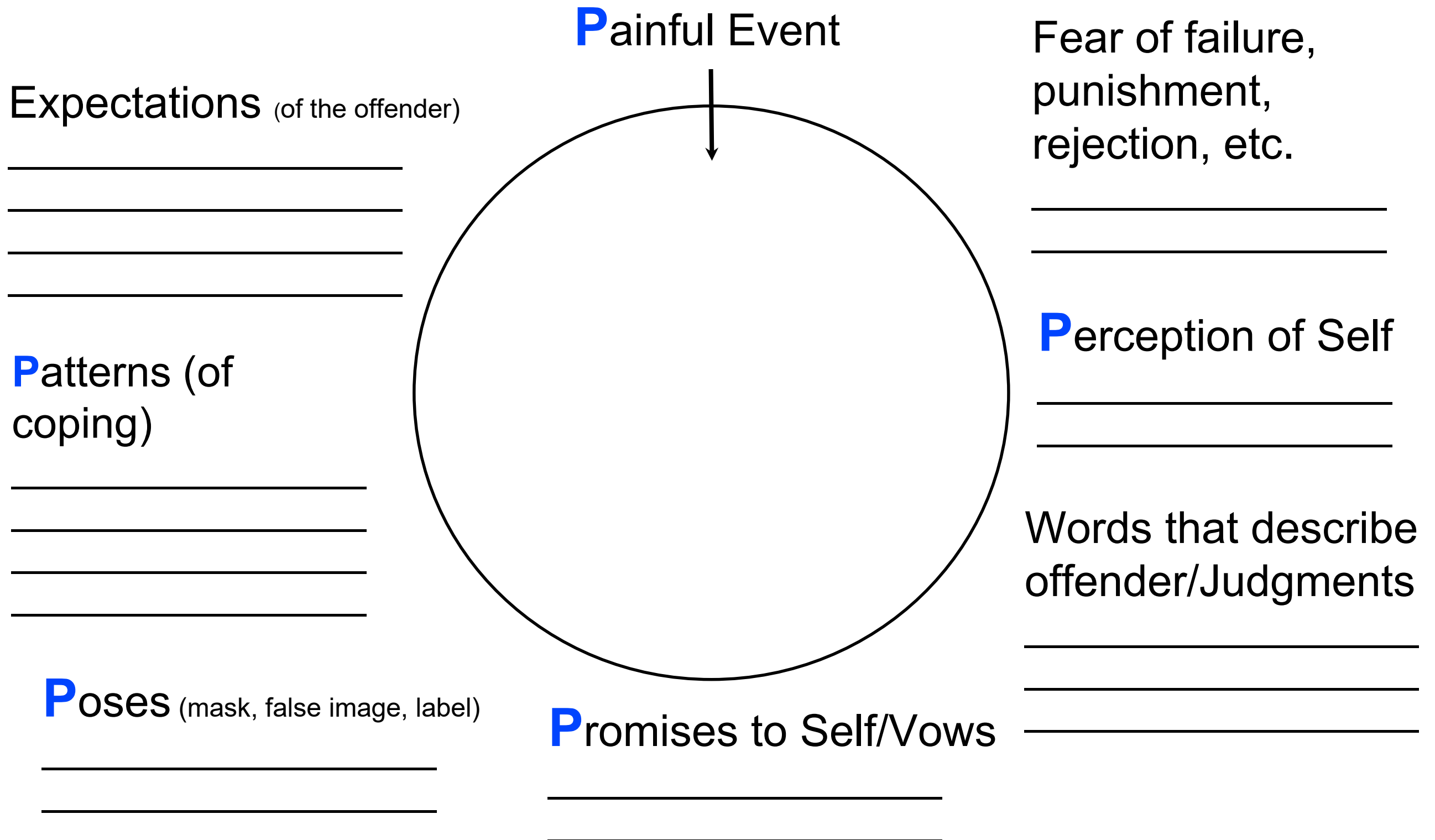


# **Utilizing the Wheel Worksheet**

**Healing Hearts Express  
Part 3**

# Orphan Mindsets

Recognizing how orphan thinking begins and turns into a destructive repeating pattern or loop



# Orphan Thinking

(Recognizing how it begins and turns into a destructive loop)

## Painful Event

### Expectations

Mom needs to apologize

---

### Patterns of Coping

Silent treatment  
Self-reliant

---

**P**ose (mask, false image, label)  
Aloof

---

Mom scolded me harshly

---

### Promises

I won't let her see my hurt

---

### Fear of

being scolded harshly again

---

### Perception of Self

I am never good enough

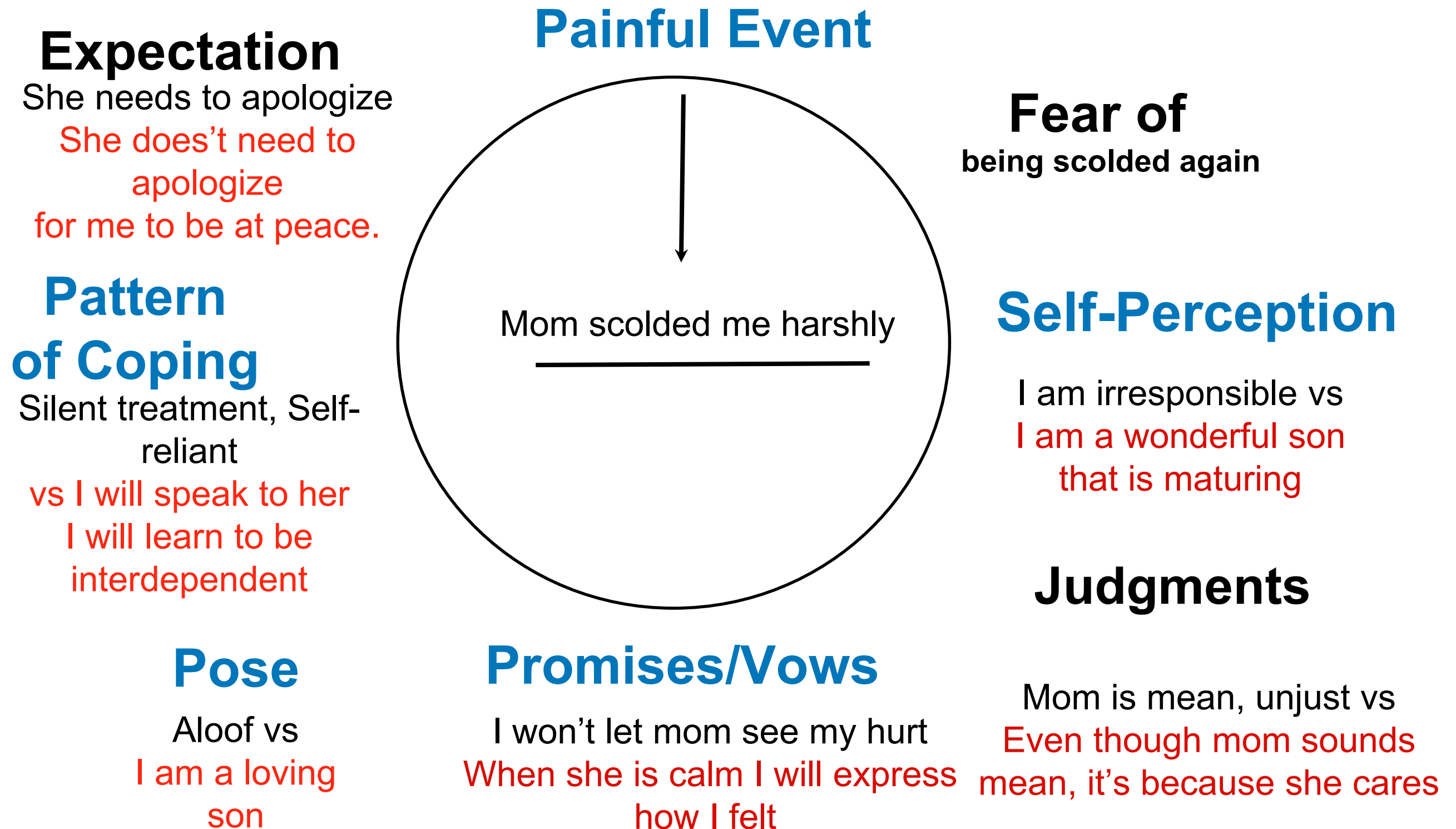
---

Words/Judgments that  
describe mom

Mom is mean, unjust

---

# Personal Transformation (Renewing of the Mind)



# **What happens when we break free from orphan mindsets?**

- 1. When we break from orphan mindsets we reveal the Father and are able to partner with Him to set other people free!**
- 2. When we break free we're no longer stuck in a destructive loop**
- 3. When we break free we set our children free from repeating the same destructive orphan pattern**

**It's difficult to sin  
against love.**

**Work the Wheel!**