

Notes

Chapter 1: Becoming Whole

1. Decision-making in the wrong direction also occurs. Colleagues and I working in pregnancy resource centers frequently see girls making decisions they thought were wise that ended up getting them in trouble. They were trying to meet core needs, although they didn't realize that. But because of unhealthy beliefs, negative experiences, and more, they ended up in bad relationships and often with unwanted pregnancies and pressures to abort their babies without strong reasons not to. Therefore, Mary Margaret Gibson and I created the Authentic Life program, which teaches this model in great detail with video training, participation guides, and leader's manuals to volunteers and staff from pregnancy resource centers. They become equipped to present the gospel in light of clients' core needs and much more. You can learn more at the book's website: www.FiveToThriveBook.com.
2. Garth Baker-Fletcher, *Somebodyness: Martin Luther King Jr., and the Theory of Dignity*, Harvard Dissertations in Religion (Minneapolis: Fortress Press, 1993).

Chapter 2: Chutes and Ladders: How Everything Connects

1. Anthony Gregorc, *An Adult's Guide to Style* (Hartford, CT: Gregorc and Associates, 1986).

Chapter 3: Security: Who Can I Trust?

1. Please visit our website (www.FiveToThriveBook.com) for a list of Scriptures you can study for yourself to see how they support this and other statements from this chapter. Just click on the link for chapter 3.
2. The appendix of character qualities will further guide your thinking.
3. Chapter 2 of my book *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You're Not Around)* (Chicago: Moody, 2019, pages 31–59) is about character development. The eleven qualities I include there are included within the five core needs chapters in

this book. As explained in that chapter, you may find the reasons I prioritize these compelling.

4. Kathy Koch, *Screens and Teens: Connecting with Our Kids in a Wireless World* (Chicago: Moody, 2015), 103–36.
5. Michael A. Zigarelli, *Cultivating Christian Character: How to Become the Person God Wants You to Be and How to Help Others Do the Same* (Colorado Springs: Purposeful Design, 2005).
6. Kathy Koch, *8 Great Smarts: Discover and Nurture Your Child's Intelligences* (Chicago: Moody, 2016).
7. Hannah Anderson, *All That's Good: Recovering the Lost Art of Discernment* (Chicago: Moody, 2018), 59.
8. Ephesians 1:7; Colossians 1:13–14; 1 John 1:9.

Chapter 4: Identity: Who Am I?

1. Do you know the Bible verses about us (e.g., the “I am” and “I have” verses)? They're encouraging and uplifting! Click on the link for chapter 4 at the book's website to get the list: www.FiveToThriveBook.com.
2. Kathy Koch, *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You're Not Around)* (Chicago: Moody, 2019), 205–34, 265–71. Complimenting and correcting children and adults are powerful communication tools we can use to influence their behavior. The principles I share (e.g., be specific, believable, and thoughtful; emphasize what they control) will guide you to helpful communication patterns.
3. David G. Benner, *The Gift of Being Yourself: The Sacred Call to Self-Discovery* (Downers Grove, IL: IVP Books, 2015), 16.
4. Stephen Carter, *Integrity* (New York: HarperCollins, 1996).
5. Karen Reivich and Andrew Shatte, *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles* (New York: Broadway Books, 2003). See also Kathy Koch, *Start with the Heart*, 23–26.
6. Jill Savage and I wrote the book *No More Perfect Kids* to address this concept in detail. See especially chapter 3.

Chapter 5: Belonging: Who Wants Me?

1. I love what my friend Jerusha Clark writes in *Every Piece of Me: Shattering Toxic Beliefs and Discovering the Real You* (Grand Rapids: Baker Books, 2017), 154–58, about “listening prayer.” You'll benefit from her guidelines about

waiting to hear God’s answers: listen for questions, listen for the real thing, listen for insight, listen for consolation and desolation, listen for steps to obey, and listen without discouragement.

2. Kathy Koch, *Screens and Teens: Connecting with Our Kids in a Wireless World* (Chicago: Moody, 2015), 47, 72, 88, 143, 220.
3. If you’re interested, you can view and purchase our “Relationships to Friendships” brochure at shop.celebratekids.com. It includes practical definitions for each level of friendship (casual, close, intimate, mature), appropriate questions to ask and answer within that level to determine whether a relationship is healthy and if you can proceed to the next level as people get closer to your heart, and warning signs and dating tips.

Chapter 6: Purpose: Why Am I Alive?

1. Deuteronomy 7:9, Joshua 24:19, Psalm 99:8, Genesis 22:14.
2. Edward T. Welch, *What Do You Think of Me? Why Do I Care? Answers to the Big Questions of Life* (Greensboro, NC: New Growth Press, 2011), 122.
3. John 3:30.
4. Ephesians 2:8–9.
5. Ephesians 2:10.
6. Philippians 2:8.
7. Centers for Disease Control and Prevention, “Suicide Rising Across the US: More than a Mental Health Concern,” June 7, 2018, <https://www.cdc.gov/vitalsigns/suicide/>.
8. Annie Holmquist, “Suicide in America Is Surging. What’s Driving This Mentality of Despair?,” June 8, 2018, <https://www.intellectuالتakeout.org/article/suicide-america-surging-whats-driving-mentality-despair>.
9. Kerby Anderson, “Suicide Surging,” June 18, 2019, <https://pointofview.net/viewpoints/suicide-surging/>.
10. Andrew Steptoe, Angus Deaton, and Arthur Stone (November 5, 2014), “Subjective Wellbeing, Health, and Aging,” [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(13\)61489-0/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(13)61489-0/fulltext) and Patrick L. Hill and Nicolaos A. Turiano, “Purpose in Life as a Predictor of Mortality Across Adulthood,” *Psychological Science* 25, no. 7 (2014): 1482–86.
11. Martin E.P. Seligman, Karen Reivich, Lisa Jaycox, and Jane Gillham, *The Optimistic Child: Proven Steps to Safeguard Children against Depression and Build Lifelong Resilience* (Boston: Houghton Mifflin Company, 1995).

12. Angela Duckworth, *Grit: The Power of Passion and Perseverance* (London: Vermilion, 2016), 174.
13. Albert Ellis, *Reason and Emotion in Psychotherapy* (New York: Lyle Stuart, 1962), Aaron T. Beck, *Depression* (New York: Hoeber, 1967), and A. T. Beck, A. J. Rush, B. F. Shaw, and G. Emery, *Cognitive Therapy of Depression: A Treatment Manual* (New York: Guilford, 1979).
14. Email personal communication, June 15, 2019.
15. Email personal communication, June 11, 2019.
16. Email personal communication, June 17, 2019.
17. Email personal communication, June 12, 2019.
18. Email personal communication, June 11, 2019.
19. Isaiah 64:8, Psalm 139:13–16, Ephesians 2:10.
20. R. Laird Harris, ed., *Theological Wordbook of the Old Testament*, vol. 2 (Chicago: Moody, 1980).
21. Warren Baker, ed., *The Complete Word Study Dictionary: Old Testament* (Chattanooga: AMG Publishers, 1994).
22. Kathy Koch, *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You're Not Around)* (Chicago: Moody, 2019), 122–23. Kathy Koch, *Screens and Teens: Connecting with Our Kids in a Wireless World* (Chicago: Moody, 2015), 42–44.
23. Facebook communication, June 11, 2019.

Chapter 7: Competence: What Do I Do Well?

1. Dictionary.com, s.v. “competence,” <https://www.dictionary.com/browse/competence?s=t>, and Webster’s International Dictionary of the English Language from 1909. Emphasis added.
2. For a more complete look at the dangers of perfectionism, see especially chapter 2 in the book I wrote with Jill Savage: *No More Perfect Kids: Love Your Kids for Who They Are* (Chicago: Moody, 2013).
3. Attributed to Steven Furtick on Goodreads, https://www.goodreads.com/author/quotes/4057607.Steven_Furtick.
4. Kathy Koch, *Screens and Teens: Connecting with Our Kids in a Wireless World* (Chicago: Moody, 2015). See especially chapters 5 and 6.

Chapter 8: The Change Process

1. Kathy Koch, *Screens and Teens: Connecting with Our Kids in a Wireless World* (Chicago: Moody, 2015).
2. *Ibid.*, 115, 143, 146–147. And Kathy Koch, *Start with the Heart: How to Motivate Your Kids to Be Compassionate, Responsible, and Brave (Even When You're Not Around)* (Chicago: Moody, 2019), 23–26.
3. Kathy Koch, *Start with the Heart*, 162–72.
4. Second Corinthians 12:6–8.
5. See, for example, Esther 4:16 and Matthew 18:20.
6. I posted the change process I used for impatience on our website to further assist you in persevering through change to Christlike and God-honoring behavior. Also, I shared my interrupting example with Camille (not her real name), a longtime friend. When we talked, she said it helped her realize her own interrupting habit, but that some of her reasons were different. She willingly has allowed me to post her process on the website. It will help you understand there's no one right reason, conclusion, or verse. You'll find these by clicking on the link for chapter 8 at www.FiveToThriveBook.com.
7. Kathy Collard Miller, *The Useful Proverbs* (Grand Rapids: World Publishing, 1997). Ray Pritchard, *The ABC's of Wisdom: Building Character with Solomon* (Chicago: Moody, 1997).
8. John G. Krus, *Quick Scripture Reference for Counseling*, 4th ed. (Grand Rapids, MI: Baker Books, 2013).
9. Hope for the Heart, HopeForTheHeart.org.
10. Kara Durbin, *Parenting with Scripture: A Topical Guide for Teachable Moments* (Chicago: Moody, 2012).
11. Accept one another (Rom. 15:7), honor one another (Rom. 12:10), teach one another (Col. 3:16).
12. I encourage you to search for the “one another” verses in the New Testament. However, if busyness makes this unrealistic now, you can go to our website (www.FiveToThriveBook.com) and click on the link to chapter 8 to find a list of the “one another” verses.
13. Romans 8:29.
14. See, for example, Psalm 34:18 and Isaiah 57:15.