



High-5

The Process of the heart:

1. **Perceptions** – (to see) we believe what we think we see, a mental impression of something.
2. **Assumptions** – the tendencies to take for granted what people say or do (this is one of the main areas where offenses & imaginations can take root in our hearts)
3. **Expectations** – what do you expect to happen (to anticipate)
4. **Attitudes** – (a disposition) to respond in a particular way. (a posture)
5. **Fixed beliefs** – the acceptance of something as true. (a conviction)