

# MONDAY NIGHT SOLUTIONS

WHY LOVE BREAKS DOWN  
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Ever feel as if you keep running into invisible roadblocks every time a fulfilling love life is just within reach? You can't quite identify the obstacles—you only know that they stop you getting what you really want. It's true that sometimes problems can defy detection while they go on causing havoc in our relationships. At Solutions, we will expose these troublemakers and help you eliminate them once and for all. As we do, you may find that amazing love suddenly moves into the realm of possibility!.

## OUTLINE

**Introduction:** Is it you, is it the other person, or are you just unlucky in love?

#1: Distortions in understanding what love is

#2: Inability to navigate need and vulnerability

#3: Conflicts in freedom

#4: Preferences vs. character

**Discussion questions:**

1. How have I misunderstood the true nature of love?
2. What is a better understanding of love?
3. How has vulnerability been a problem in relationships for me?
4. How can I be vulnerable and safe at the same time?
5. In what ways have I given up freedom to be in a relationship?
6. How can I get both?
7. How have I confused preferences with character?
8. How can I know the difference?