

MONDAY NIGHT SOLUTIONS

RESOURCES: GOD,
YOUR LIFE AND OTHERS
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In approaching the difficult person in your life, you have more power and choice than you think! In this presentation, Dr. Townsend introduces the first three of seven key resources you can draw on as you create a change environment for your button pusher. He'll explain why you can count on God's help, and how to work with not against God in handling a difficult person. You'll learn how your "getting a life" can actually help your button pusher to change. Lastly, Dr. Townsend will describe some basic "stances" to take—attitudes that will center you, direct your choices, and maximize the odds that your button pusher will be responsive to you. MNS-681

OUTLINE

- 1) Getting out of Hopelessness
 - a) The end of yourself is the beginning
 - b) Hopelessness to hope
- 2) Resource #1: God
 - a) He "gets it"
 - b) He is invested in your difficult person
 - c) Using faith to see real change

3) Resource #2: Your Life

- a) Reclaim your happiness
- b) Your growth changes both of you
- c) Become what you request

4) Resource #3: Others

- a) For life and growth
- b) Your personal delta force
- c) How and where to plug in

Discussion questions:

1. How have you experienced being at the end of your rope with your button-pusher?
2. How can you understand and relate to God in a new way that will help your button-pusher?
3. In what ways have you neglected to “get a life”?
4. Do you need more help from others in supporting you, or in dealing with your difficult person?