

MONDAY NIGHT SOLUTIONS

RESOURCES: YOUR STANCE
AND YOUR WORDS
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Who are the safe-and-sane people you can turn to for support or for a reality check when you need one? Your "team" is an indispensable resource when it comes to changing your relationship with a difficult person. Let Dr. Townsend show you ways in which your team can help. Next he'll turn the spotlight on another powerful resource that is right at the tip of your tongue: your words. Your button pusher most likely needs to hear your words in order to change. Dr. Townsend will discuss several aspects of "having the talk" so you can prepare to do it in the most effective way. MNS-682

OUTLINE

1. Your Stance:

a. What "For" does and doesn't mean

b. Your stance will chart your course

2. Your Words:

a. The Power of Words

b. Practical Helps

Discussion questions:

1. When have you ever thought that being "for" meant agreeing with someone?
2. How does the lack of a clear stance affect your future actions with your button-pusher?
3. How do words affect you personally, for good or for bad?
4. How have you allowed yourself to get off-track with a button pusher, when trying to talk about the problem?