

MONDAY NIGHT SOLUTIONS

DOING LOVE RIGHT
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Now that you know so much more about safe and unsafe people, you're no doubt eager for healthier, more intimate relationships. "Bring them on!" you're thinking. First things first, however: before you embrace the next relationship or give an old one another try, you need to apply to yourself the same criteria you use to evaluate others. How safe are you? And before you even think of giving up on someone, you will want to carefully consider whether to repair or replace a relationship. Become part of the solution rather than part of the problem! MNS-691

OUTLINE

1. Learning How to Be Safe

Learn to Ask for Help

Learn to need

Work Through Resistances

Invite the Truth About Yourself

Enter into Forgiveness

Give something back

2. Should I Repair or Replace?

Start From a Loved Position

Act Righteously

Use Others to help

Accept reality, forgive and grieve your expectations

Give Change a chance

Be long-suffering

Separation: the Final Option

A word about Divorce

How Long Is Long Enough?

Discussion questions:

1. What have been your patterns in asking for help or resisting it?
2. Who are you doing that with now?
3. What relationship is difficult for you now that you need to apply the repair principles?
4. What parts of the process have you not done and need to do better?