

MONDAY NIGHT SOLUTIONS

SECRETS 'N STUFF
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Does the thought of sharing secret fears or hidden weaknesses give you a twinge of apprehension? Talking about things that are close to your heart is best done with the right person and under the right circumstances, but it is vital to any close relationship. When both people open up—about their failures and successes, fears, desires, opinions, hurts, longings, and dreams—it produces intimacy. Join us, and we will help you take the needed steps toward bringing your “secrets 'n stuff” into the light. You’ll be rewarded with renewed warmth and well-being in your relationships, a result well worth the risk! MNS-695

OUTLINE

1. It's No Secret---It's Human

2. What Is The Stuff?

3. But, You Need It

4. How To Get It

a. External Safety

b. Internal Neutrality

c. Interpersonal Values and Choices

d. Check In

e. Go to a Hospital

Discussion questions:

1. What experiences have taught me that this is a bad idea?
2. What am I afraid to share?
3. Where can I take a step?