

TURN ME LOOSE Dr. John Townsend

APRIL 25, 2005 MNS-696

Trying to control others, or feeling controlled by others—either one is a major deterrent to intimacy. Whenever one person controls another, it eventually causes the controlled person to resist the other's attempts at closeness, and sooner or later, to pull away from him or her—the very opposite of what they both want to happen. The ability to let go and let others have their own space promotes a sense of freedom and joy that will draw people to you like a moth to a flame. If control is an issue in your relationships, don't miss this night. You will discover that turning someone loose will set both of you free to be together! MNS-696

Outline

1. The two types of control

2. How "Other-Control" ruins relationships

3. What doesn't fix the problem
4. What does fix the problem
Discussion questions:
 Which type of control have you experienced and why are you vulnerable to it? How have control problems affected your relationships? Have you given up on compliance, yet or are you still in denial? What can you do this week to establish the control the gets you somewhere?