

# MONDAY NIGHT SOLUTIONS

TROUBLE IN PARADISE  
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If this were Paradise, there would be only perfect people in our world. But since we don't live in a paradise (not yet, anyway!), some trouble in relationships is to be expected. So why is it, then, that we are hesitant or uncomfortable when it comes to talking about our imperfections or owning our mistakes? When someone lets us down and is quick to admit it, we feel a sense of relief, and we may well feel warmer toward the person. Yet still, when it's our turn to own whatever is causing trouble in the relationship, we aren't too quick to 'fess up! Let's take a look at how one person's unwillingness to own his or her "stuff" may be the cause of trouble in Paradise.

## OUTLINE

The Fool

The Gap

The Tone of the Gap

Internally

Externally

Past Experience: How Did It Go?

Expect a Repeat – show what those are

Mobilize Defenses

Internal Structure

Get Over It

Realize the True Worth

Get Feedback

Discover Defenses

Look at Structure

Try Safe Place First

Take a Risk

Notice the Difference