

MONDAY NIGHT SOLUTIONS

HEARTACHE
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All of us expect our significant relationships to generate good feelings that bring us a sense of safety and comfort. We count on this—it is one of the reasons we either seek a relationship or stay with the one we're in. What we're often not prepared for is the hurt or pain that comes along with these relationships as well. Even if we know enough to expect the hurt, it still seems to take us by surprise. Hurt is a natural result of closeness—expect it! But not all hurt in a relationship is necessary or good. Let us help you distinguish between good pain and bad pain. Yes, there is such a thing as good pain, and knowing this may help you handle the heartache.

OUTLINE

The Small Print

The Wrong Response

Not All the Same

Good

Bad

The Third Kind

Embrace It All and Fear Not