

MONDAY NIGHT SOLUTIONS

PROTECT YOUR HEART
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Wise people protect the things they value. They often do this by taking out an insurance policy—homeowners' insurance, auto insurance, health insurance, life insurance, even pet insurance! But how about taking out "heart insurance"—protection for your emotions and innermost thoughts? Daily life can be risky, and relationships even more so. At one time or another, we may need protection against being used or abused. While we can't avoid every problematic relationship, we can take steps to protect ourselves from people who don't value our heart the way they should. Whatever your marital state, you can benefit from learning how to safeguard your heart.

OUTLINE

1. Why is guarding important?
2. What guarding is and what it isn't
3. The permeable nature of boundaries

4. Things worth guarding against

5. The best guard: your immune system and how it works

6. Guarding towards resolution

7. Guarding towards protection