

MONDAY NIGHT SOLUTIONS

TOO HOT TOO HANDLE
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AUGUST 15, 2005, MNS-710

Physical attraction can be powerful in and of itself, but add to it some intense feelings of passion, and the heat can be overwhelming! With the right person, under the right circumstances, what could be better? But with the wrong person, under the wrong circumstances, passion and chemistry become a destructive force—as many of us have discovered. This combination alone is not a reliable indicator of whether or not a relationship is good for us. So how can you determine if that hot-and-bothered feeling is a healthy thing or a sign of unresolved issues? Join us to find out when “hot” is too hot to handle.

OUTLINE

1. Introduction
2. What is Passion Anyway?
3. When It's Good for You

4. When It's Crazymaking for You

5. Tips and Steps

Discussion Questions:

- 1: What were your preconceptions about the nature and purpose of passion?
2. How have you experienced the good part of passion?
3. How have the crazymaking aspects affected you?
4. What steps can you take to deal with the unhealthy, and develop the healthy?