



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF MARCH 6, 2006



**“Learning the Language of Love:
The Fine Art of Fighting”**

**Featuring:
Dr. John Townsend**

I. Introduction

Definition of a Relationship:

Two people that care about each other, fight well, and do it productively

II. Six Reasons Why Fighting is Beneficial

1. God Does It
2. It Serves Love
3. It is a Problem Solver
4. It Increases Passion
5. You Already Do It
6. If You Never Fight, One of You is Not Necessary

III. Characteristics of Healthy Fighting

1. It Must Serve Love
2. A Clear Protest
3. Mutuality
4. Closure

IV. Characteristics of Negative/Unhealthy Fighting

1. Non-Relational

2. Trying to Harm Someone

3. More About the Anger Than the Issue

4. Only Solution is Compliance

V. Skills Necessary For Healthy Fighting

1. Have a Disagreeing Agreement
 - Set time parameters
 - Agree to be satisfy-able
 - Agree to call fouls

2. Practice Disagreeing

3. Stay Focused

4. One Adult Required

GOOD FIGHTERS ARE GOOD APOLOGIZERS

Next Week on “Solutions”

“Learning the Language of Love: Messages From the Past”

Resources:

BOOKS:

Rescue Your Love Life

By Drs. Henry Cloud and John Townsend
www.integritypublishers.com

How People Grow

By Drs. Henry Cloud and John Townsend
www.zondervan.com

Hiding From Love

By Dr. John Townsend
www.zondervan.com

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