



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF MARCH 13, 2006



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

**Featuring:
Dr. Henry Cloud**

Our Past is Important Because

Our past is our experience

Our experience becomes our character

The way we experience that experience is part of our character

What We Have Experienced Can Still Affect Us in the Present

God Made Us So That Our Past Will Affect Our Future

We Are Symbolic Creatures

Post Traumatic Stress Syndrome

- An experience larger than our brain can handle
- We all have these experiences
- We develop ways of coping to protect ourselves

Messages From the Past

- Withdrawing
- Aggressive
- Perfectionistic
- Explosive
- Domineering
- Internal handling of your own feelings

Good Communication Always Begins with the Ability to Experience Inside Yourself What You Want to Communicate

The Basic Way to Prevent Fights

Use "I" Statements: I _____

The 4 Predictors of Divorce

1. Defensiveness
2. Contempt
3. Criticism
4. Unplugging

What Do We Take Away From This?

Make a New Past!

Next Week on “Solutions”

“Maximum Success For Life: Dare To Dream”

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

9 Things You Simply Must Do

By Dr. Henry Cloud
www.integritypublishers.com

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www.newlife.com

Contact Information:

Dr. Henry Cloud

Cloud-Townsend Resources
3176 Pullman Street, Suite 105
Costa Mesa, California 92626
Phone: 800-676-4673
Web: www.cloudtownsend.com

Church Communication Network

PO Box 1718
Mt. View, CA 94042
Phone: 800-321-6781
Fax: 650-745-0660
Email: ccninfo@ccnonline.net
Web: www.ccn.tv