



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF JULY 23, 2007



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

Featuring
Dr. Henry Cloud
Psychologist
Best-selling co-author of Boundaries series,
author of How People Grow

Visit CCN on the web at: www.ccn.tv

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*:
 “Dare to Dream”

Resources:

BOOKS:

***How to Have that Difficult Conversation
 You’ve Been Avoiding***

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

Changes that Heal

By Dr. Henry Cloud
www.cloudtownsend.com

Hiding from Love

By Dr. John Townsend
www.zondervan.com

How People Grow

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

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FREE online video solutions 24/7!

As part of our online video community you can ask Dr. Cloud & Dr. Townsend your questions and get a video response!

Go to **CloudTownsend.com** and discover:

- relevant video solutions
- videos of the week
- engaging discussion groups
- and much more!

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New Life Ministries is a fully-equipped resource for the treatment of mental and spiritual health issues.

www.newlife.com

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