



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF APRIL 24, 2006



**“This Thing Called Love:
Best of Friends”**

**Featuring:
Dr. John Townsend**

I. Introduction

Definition of Friendship:

Part 1 - Someone who is safe enough for me to be who I am

Part 2 - Someone who is honest enough to help me be who I can be

II. Elements of a Good Friendship

A. Alliances

Likeability

Shared Values

B. Grace & Acceptance

C. Honesty

Giving and Receiving Truth

III. Built-in Problems with Friendships

A. Emotional Disconnect

We Use Friendships to Avoid Intimacy

B. Imbalance

C. Can't Solve Problems

D. Listening

III. Tips to Improve the Quality of Your Friendships

A. Evaluate by the Fruit, Not by the Experience

B. Tell Your Friends What You Value

C. Ask, "What do I do that Limits Our Relationship?"

D. Pray

Next Week on “Solutions”

“This Thing Called Love: Falling in Love”

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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