



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF MAY 1, 2006



**“This Thing Called Love:  
Falling in Love”**

**Featuring:  
Dr. Henry Cloud**

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## **I. Introduction**

Falling in love is a universal experience

Falling in love can be a good thing or a bad thing

We are more apt to fall in love with someone whose maturity works with our own

## **II. Two Types of Falling in Love**

A. Positive-Two complete people that find each other and become one

B. Negative-Needing to find someone that completes me as a person

## **III. Good Reasons for Falling in Love**

A. Completion of the experience of life

B. A partner to share experiences with

C. Raising children

D. Experience of journeying through life

E. Sexuality

F. The experience is like a taste of heaven

### **III. Characteristics Needed for Falling in Love**

A. Ability to be emotionally available to another person

B. Ability to maintain your individuality

C. Maturity

D. Total commitment

E. Parent/Child - Control

## Next Week on “Solutions”

### “This Thing Called Love: Two Become One”

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## Resources:

### BOOKS:

#### Rescue Your Love Life

By Drs. Henry Cloud and John Townsend  
[www.integritypublishers.com](http://www.integritypublishers.com)

#### How People Grow

By Drs. Henry Cloud and John Townsend  
[www.zondervan.com](http://www.zondervan.com)

#### 9 Things You Simply Must Do

By Dr. Henry Cloud  
[www.integritypublishers.com](http://www.integritypublishers.com)

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