



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF JULY 10, 2006



**“Protect Your Love Life:
Love’s Executioner”**

**Featuring:
Dr. John Townsend**

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I. Introduction

A. Understanding Control

- How do you end up giving control to others?
- There is no 100% victim in a controlling relationship
- Controlling people hate feeling helpless
- In a controlling relationship, most of the time, the issues must be addressed/changed by the controlled person

B. Definition of a Controlling Relationship:

When one person restricts the freedom of the other

II. Types of Control Issues

A. Money

B. Activities

C. Choices of Relationships

D. Schedules

E. Preferences

F. Sexuality

III. Aspects of Good Relationships

A. Connection

B. Responsibility

C. Freedom

IV. Types of Negative Controlling Behavior

- A. Intimidation
- B. Withdrawal of Love
- C. Manipulation
- D. Hurt

V. Types of Positive Controlling Behavior

- A. Self control
- B. Influence each other
- C. Set limits/boundaries

VI. Tips for Dealing with Controlling Relationships

- A. Deal with the fear of being separate
- B. Identify your cooperation
- C. Be vulnerable
- D. Talk to each other about the experience of “no”
- E. Experience the benefits

Next Week on “Solutions”

“Protect Your Love Life: Hard Habits to Break!”

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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Contact Information:

Dr. John Townsend

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