



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF JANUARY 8, 2007



**“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!”

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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)

#### Hiding From Love

By Dr. John Townsend  
[www.zondervan.com](http://www.zondervan.com)

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