



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF JANUARY 15, 2007



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

**Featuring:
Dr. John Townsend**

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I. Introduction

II. What Addiction Does to Relationships

A. It corrupts love

B. It corrupts responsibility

C. It corrupts freedom

III. Two Kinds of Addicts

A. Broken = has hope

B. Unbroken = in denial

*****You can't help an unbroken addict by being judgmental*****

IV. Principles to Understanding Bad Habits and Relationships

- A. The path of the bad habit reflects the path of the relationship

- B. The problem of owning problems

- C. Emptiness/No connection

- D. The relationship didn't cause it, the relationship won't cure it

V. Keys to Dealing with Addicts

- A. Re-define love

- B. Own your contribution
 - Do I remain passive?
 - Do I threaten limits and not follow up with them?
 - Do I have a judgmental attitude
 - Am I giving in because I'm afraid

- C. The pain of the light is better than the pain of the darkness

- D. Set limits

Next Week on “Solutions”

“Solutions for Life: Instant Replay”

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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www.newlife.com

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