



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF JULY 24, 2006



**“Solutions For Life:  
Instant Replay”**

**Featuring:  
Dr. Henry Cloud**

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## **I. Introduction**

## **II. The Observing Ego**

A. It evaluates and judges

- Ecclesiastics 3:6-7

- Proverbs 18:12

B. It inhibits and corrects

C. It brings awareness and integration

## **III. Why Our Observing Ego Fails**

A. Too strict

B. Internalized messages

C. Not neutral

D. Conflicts

E. Nobody told us

#### **IV. Ways to Develop Our Observing Ego**

A. Gain awareness

B. Have a safe place

C. Get feedback

D. Get clarification

E. Work through the past things

F. Practice

G. Be neutral

H. Follow up

## Next Week on “Solutions”

### “Solutions For Life : A Word to the Wise”

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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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