



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF JULY 31, 2006



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

**Featuring:  
Dr. John Townsend**

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## **I. Introduction**

Every crisis/relational problem starts off as a little problem

Many crises in relationships are preventable if we had the skills

## **II. The Nature of Relational Problems**

### A. The law of entropy

Over time things deteriorate and get worse

- Emotional distance
- Hurt
- Allowing somebody to carry the weight
- Control

### B. Time alone will not heal

### C. Grace and truth can make a relationship better

## **III. Recognizing Relational Problems**

### A. Look for patterns, overlook events

### B. Look for distance/alienation

- Emotional reserve
- Over politeness
- Changing the subject
- Eye contact

C. Problems facing problems

- Love is enough
- Positive approach
- Being afraid of conflict
- One person is defensive

**IV. How to Deal with Relational Problems**

A. "I want better for us"

B. "I'm willing to change whatever I can"

C. Ask for what you want

D. Reassure

E. Practice

F. Confront the lack of confrontation

# Next Week on “Solutions”

## “Solutions for Life: Balancing Work and Life”

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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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