CCN WEEKLY SOLUTIONS SERIES THE WEEK OF AUGUST 14, 2006



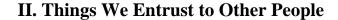
"Key To Intimacy-Trust: Once Burned, Twice Shy"

Featuring: **Dr. Henry Cloud**

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I. Introduction

Definition of Trust = To be careless



- A. Heart
- B. Feelings
- C. Freedom
- D. Time
- E. Possessions
- F. Growth
- G. Tasks
- H. Healing
- I. Soul

III. Why We Trust

It's the way life is designed

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IV. How Trust is Built

V. How Trust is Broken

- A. Something bad happens
- B. An event or pattern of relationships or experiences that is hurtful
- C. We develop a pattern of responding to anything that can hurt that area of life again

VI. How to Restore Trust

- A. Ask "What does this mean about me?"
- B. Re-open yourself to a new healing relationship where the risk is lower
- C. Learn the difference between gambling and taking a risk
- D. Get to the meanings
- E. Get to the specifics
- F. Rebuild
- G. Give up the wish that it will never happen again
- H. Work it through

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Next Week on "Solutions"

"Key To Intimacy – Trust: Love and Trust, Inseparable Compan ions?"

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

9 Things You Simply Must Do

By Dr. Henry Cloud www.integritypublishers.com



New Life Ministries is a fully-equipped resource for the treatment of mental and spiritual health issues.

www.newlife.com

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