



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

II. Things We Entrust to Other People

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

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

Next Week on “Solutions”

“Key To Intimacy – Trust: Love and Trust, Inseparable Companions?”

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

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www.newlife.com

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