



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF AUGUST 21, 2006



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

**Featuring:
Dr. John Townsend**

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I. Introduction

When I have been let down, what does it take for me to trust again?

There is a big difference between trusting someone again and forgiving someone

Love is free, trust is earned

II. Places Where People Put Divided Loyalty

A. Themselves

B. Another person

C. Activity

D. Own comfort

E. Being seen as a good person

III. Aspects of a Good Relationship

A. Care

B. Need

IV. How You Feel/React When Trust Goes Away

A. You don't know who that person is anymore

B. Sad

C. Angry

D. Withdraw

E. Hyper-vigilance

V. How Trust is Broken

A. Good intentions

B. Immaturity

C. Malevolence

VI. Steps to Dealing with Broken Trust

A. Diminish the need

B. Increase the limits

C. Keep the care steady

D. Look at your misperceptions

- Not understanding there was nowhere else to go
- Innocent/naïve
- Fear of conflict

E. Require ownership

F. Separate past trust issues from today

G. Give them a schedule

H. Take a risk

Next Week on “Solutions”

“Relationship Myths: What About Me?”

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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