



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF AUGUST 28, 2006



**“Relationship Myths:
What About Me?”**

**Featuring:
Dr. John Townsend**

I. Introduction

How do I feel inside when I say I need something?

Definition of a need:

Anything that is essential

II. Types of Needs

A. Love

B. Grace

C. Validation

D. Encouragement

E. Feedback

F. Wisdom

In summary we all need to be:

- Connected
- Free
- Known

III. Reasons God Built Needs into the Universe

A. Needs drive us to relationship

B. Needs make us humble

C. Needs gives others an opportunity to give

IV. Ignoring Your Needs Causes:

A. Disconnection

B. Depression

C. Addiction

V. Emotional Reasons Why We Can't Address Our Needs

A. Guilt

B. Overwhelming needs

C. Fear

VI. Tips for Getting Your Needs Met

A. Address your crazy thinking

B. Identify what you are in conflict with

C. Practice asking

D. Be grateful

E. Give back

Next Week on “Solutions”

“Relationship Myths: The Behavior Trap”

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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