



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF SEPTEMBER 11, 2006



**“Relationship Myths:
The Behavior Trap”**

**Featuring:
Dr. Henry Cloud**

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I. Introduction

Sometimes making a change in behavior doesn't make a changed person

What role does changing my behavior have in actually making things different?

II. Components of Change

A. For us to change we have to begin to do things that we don't feel like doing

B. There is a connection between what we do and how we feel

III. Areas in Our Lives That Need to be Addressed For Change

A. Clinical

B. Relational

C. Goals/Dreams

IV. Things Inside Us Which Affect Change

A. Emotional distance

B. Aggressive feelings

C. Negative feelings

V. Tips for Change

A. Confess

B. Submit to God and other people

C. Ask for help

D. Repent

E. Take account of your needs

F. Make amends

G. Invest in your talents

H. Learn new skills

Next Week on “Solutions”

“Relationship Myths: The Waiting Game”

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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