



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF SEPTEMBER 18, 2006



**“Relationship Myths:
The Waiting Game”**

**Featuring:
Dr. John Townsend**

I. Introduction

What is the longest amount of time that you waited for somebody to change something?

People who let life happen to them never get the relationships they want

Life doesn't happen to people, people have to happen to life

II. Examples of Passivity

A. Couple problems

- Can't connect
- Can't problem solve
- Can't get deeper

B. Individual problems

- Brokenness
- Hurtful

III. Why We Are Passive

A. Can't tolerate conflict

B. Fear of hurting others

C. Fear of our own aggression

D. Avoiding difficulty

E. Use of passive language

IV. Principles of Passivity

- A. Movement is always better than “stuck-ness”
- B. Love is about action
- C. Get over your fear of the “known pain”

V. Tips For Dealing with Passivity

- A. Talk about your fear
- B. Get a reality check from people outside your relationship
- C. Take risks

VI. Relationship Example: How to Deal with an Anger Problem

1. Let him know specifically how it affects you
2. Ask him what he thinks is the problem
3. Invite him to tell you what you might be doing to contribute
4. Change what you should change if you were provoking it
5. Clarify your own fears of anger
6. Tell him what specifics you need changed so you can connect
7. Tell him what you don't want and what you do want
8. Work on increasing trust and attachment so it's ok to deal with anger
9. Pray together as a couple
10. Read Bible passages
11. Help him deal with grief and sadness
12. Bring other people into the picture
13. Go to a support group, good church or counselor
14. Warn him there are consequences if he doesn't start changing
15. Set limits
16. If he escalates, set stricter limits
17. When he has more self-control over his anger give him affirmation and praise

Next Week on “Solutions”

“Relationship Myths: Forget About It!”

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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