



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF OCTOBER 30, 2006



**“Unlocking Love’s Door:
I Deserve Better Than That!”**

**Featuring:
Dr. Henry Cloud**

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I. Introduction

We all like to feel in some way that we are special

II. Types of Entitlement

A. Healthy: Being special “to” someone; relational

B. Unhealthy: Treat me special, because I am; non-relational

III. The Problem of Entitlement

Some people think they just deserve things:

- Because they exist
- Because they think they are special
- Because someone has taught them to be that way

IV. How it Happens

A. A desire to feel special

B. A desire to be around someone they deem as special

V. Where it Comes From

It starts when we come home from the hospital

- World revolves around me
- Everyone jumps when I have a need
- No one else's needs are important
- I want it now

VI. Beliefs Behind Entitlement

A. The Narcissistic Personality

- Beliefs of grandiosity about themselves
- Needs for admiration
- Lack empathy for other people
- Grandiose in their self importance
- Exaggerate their achievements
- Want to be recognized as superior
- Pre-occupied with the fantasies of their own brilliance
- They fantasize about ideal beauty or love
- They want to be special or unique
- They can only be understood by special or unique people
- They have to associate with special or high status people
- They expect favorable treatment and want others to comply with that
- They don't identify with the feelings of other people

B. Normal Personality

- I deserve love from you because I have loved you

VII. Examples of Healthy Entitlement

A. Relationships where you both value each other

B. Taking care of what you value

VIII. Cures for Unhealthy Entitlement

- A. It's not all about me
- B. Everybody doesn't have to jump when I want it
- C. Sometimes I don't get what I want
- D. Sometimes I have to contribute to someone else's need
- E. Meet standards of performance
- F. Can't do things that hurt other people
- G. We are responsible for our needs, wants and desires

IX. Dealing with Entitlement in a Relationship

- A. Stay separate
- B. Avoid giving in to the demands
- C. Deal with your own anxiety
- D. Don't let them make you mad
- E. Empathize with how mad they are getting
- F. Give consequences

Next Week on “Solutions”

“Unlocking Love’s Door: Your Issue Hurts Us!”

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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