



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF NOVEMBER 6, 2006



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

**Featuring:
Dr. John Townsend**

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I. Introduction

What do severe problems do to your ability to connect?

You don't have to live like you've always lived

II. Three Categories of Problems

A. Problems that increase the "we", bring us together

B. Problems that concern us, but don't threaten the relationship

C. Problems that disconnect us

III. Examples of Problems That Disconnect

A. Deception

B. Infidelity

C. Substance Abuse

D. Dependencies

E. Financial irresponsibility

F. Abuse – Physical/Emotional

IV. Principles

A. Don't start without your team

- Technical: Experts who know more than you do
- People who are supportive from the heart

B. These problems are never out of the blue

C. It wasn't all your fault

D. Movement is better than "stuckness"

E. Look at the level of ownership

- self-correction
- other-correction
- consequences, reality

V. Steps to Shake Things Up in a Good Way

A. Figure out your part

B. Tell the other person how much you value the "we"

C. Bring in your hurt

D. Bring up your distance

E. Tell them what you want

F. Give consequences

Next Week on “Solutions”

“What Season is Your Relationship In?: The Wow Season”

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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