



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF NOVEMBER 20, 2006



**“What Season is Your Relationship In?:
Can I Trust You With Me?”**

**Featuring:
Dr. John Townsend**

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I. Introduction

Do you trust too soon, or does it take you too long to trust?

Trust is about reality

Trust without reality is just a desire

Definition of trust:

The ability to let someone inside to the fragile parts

II. Why We Trust

A. It's the basis for connection

B. Creates personal growth

III. Principles of Trust

A. There are areas where we are more trustworthy and areas where we are less trustworthy

B. Trust is earned, it is not a right

C. Roles in Trust

1. The Trustor

- Must have grace
- Take a risk, open up

2. The Trustee

- Need humility
- Be patient

- D. The “we” trumps the “me”

- E. Vulnerability must be affirmed

IV. Issues with Trust

- A. The unreliable but good hearted person

- B. The deceptive person - Puts their own well being over the well being of the connection

- C. The baggage of the trustor

V. Skills For Developing Trust

- A. Be quick to forgive and slow to trust

- B. Unpack the areas of concern

- C. Watch out for moral entrapment

- D. Don't assume time will heal

Next Week on “Solutions”

“What Season is Your Relationship In?:
Wait a Minute, We're Different!”

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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Contact Information:

Dr. John Townsend

Cloud-Townsend Resources
3176 Pullman Street, Suite 105
Costa Mesa, California 92626
Phone: 800-676-4673
Web: www.cloudtownsend.com

Church Communication Network

PO Box 1718
Mt. View, CA 94042
Phone: 800-321-6781
Fax: 650-745-0660
Email: ccninfo@ccnonline.net
Web: www.ccn.tv