



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF DECEMBER 4, 2006



**“What Season is Your Relationship In?:
Imperfection Knocks at the Door”**

**Featuring:
Dr. Henry Cloud**

Introduction

I. Expectations: Wishes Vs. Reality

II. The Path: Wishing For the Perfect Relationship

III. Encountering Imperfection

A. Negative Aspects

1. Disillusionment

2. How people deal with it

- Denial
- Split, they are just as bad as they were good
- Beat them up, be negative
- Feel victimized by the imperfect person

B. Positive Aspects

- It asks us to look at ourselves

- It makes us deal with our expectations

- Ask...
 - How is it affecting me?

 - What is my subjective experience?

 - What deficit in me is this person's imperfection tapping into?

IV. Tips

A. Ask them what you are doing to contribute to the problem

B. Is this a big deal?

C. Make a request

D. Share your vulnerability

E. Set boundaries

Next Week on “Solutions”

“What Season is Your Relationship In?: Deepening in Intimacy”

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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