



# "What Season is Your Relationship In?: Deepening in Intimacy"

# Featuring: Dr. John Townsend

CCN - Solutions

### **I. Introduction**

Relationships are designed by God to bear fruit

In grown-up love, love dominates

#### **II. Aspects of Long Term Good Relationships**

A. This is not about old age

B. It's going to take time

C. Healthy idealization

D. The safety of a long term relationship creates surprises and growth

### III. Dealing with the Bad Stuff

A. Quirks

#### B. Bad habits

C. Partitioning of responsibility

D. More concerned with your own bad stuff than theirs

E. Gratitude & transcendence

### IV. Tips/Skills to Make This Happen

A. Become the healthiest you

- B. Be a verbal person and say "I love you"
- C. Be caring, honest and accepting

## Next Week on "Solutions"

### **Starting next week, we will be on a break for the holidays.** We will resume January 8 with a special rebroadcast of: "Protect Your Life: Love's Executioner"

## **Resources:**

### **BOOKS:**

<u>Rescue Your Love Life</u> 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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