



"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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