



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF JANUARY 29, 2007



**It's Not My Fault:**  
**Principle #3 You Can Learn to Think Differently**  
**&**  
**Principle #4 You Can Stretch and Risk**

**Featuring:**  
**Dr. John Townsend**

## **I. Introduction**

Blame goes in two directions

- Blame we give
- Blame we receive

## **II. Principle #3 – You Can Learn to Think Differently**

Your brain does not always perceive reality correctly

To think correctly you are going to have to question yourself

Reality is what our brains were designed by God to interpret, understand and make sense of things

Statements we make that we should let go of:

1. “I’ve tried everything and nothing works”
  - Should say it this way “Everything I’ve tried hasn’t worked”
  - Two directions to go before giving up:
    - I haven’t tried new things
    - I haven’t done the right things long enough
2. “I can’t”
3. Defensive/passive thinking
  - We don’t have to change because change is too painful

### **III. Principle #4 – You Can Stretch and Risk**

Nobody really makes it in life until they get out of their comfort zone

If you want anything big you are going to have to be uncomfortable

Definition of Risk:

Going for a goal that has realities of danger and something bad could happen

Take the risks that are worth it

Relational fears that we don't take risks about:

- “I'll lose my relationship”
- “Somebody will get mad at me”
- “I'll hurt somebody”

Deal with your fear of fear

Let yourself tolerate being afraid

Fear we never bring up controls us

# Next Week on “Solutions”

## It’s Not My Fault:

**Principle #5 You Can Deal with Failure  
& Principle #6 You Can Persist and Persevere**

## Resources:

### BOOKS:

#### It’s Not My Fault

By Drs. Henry Cloud and John Townsend  
www.cloudtownsend.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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