



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF FEBRUARY 5, 2007



It's Not My Fault:
Principle #5 You Can Deal with Failure
&
Principle #6 You Can Persist and Persevere

Featuring
Dr. Henry Cloud
Psychologist
Best-selling co-author of Boundaries series,
author of How People Grow

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I. Principle #5 – You Can Deal with Failure

Introduction to Failure

- When you failed, how did you react?
 - Did you feel bad about yourself?
 - Did you withdraw from the situation?
- The problem isn't failure, but how we process failure

Processing Failure

- Failure is the nature of everything
- Normalize Failure
- Find out what it means for you

Healthy: disappointment

a problem to identify, an objective reason to work on

Toxic:

“I am bad/a loser/can't succeed”

Hope disappears

No answers

For Ben Hogan, hitting the awful shot meant it was out of the way

- Say “I failed.” It won't kill you

Confess your faults to one another so that you may be healed—James 5:16

- Learn from the failure: what went wrong, but also what went right

Key questions:

What signals did I miss?

What choices did I make that I don't want to repeat?

What weaknesses of mine contributed to those choices?

What support would have helped?

What skills do I need? Mentors, counselors?

Is there a pattern here?

- Get forgiveness from God and from others.

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If need be, go make amends

- Go for it again

Get rejection levels up: it means you're out there trying

- Have the funeral

To everything there is a season... ; a time to gain, and a time to lose... —Ecclesiastes 3:1, 6

- Learn that you can learn
- It's really only the best that fail

II. Principle #6 – You Can Persist and Persevere

Persist through the green beans in order to get to the ice cream

Keep the goal in front of you

- Persistence: realizing it takes steadfast effort to get to the goal
- Perseverance: persisting, and delaying gratification to get to the goal

Those likeliest to succeed in college? Four-year-olds who delay gratification

The laborer's appetite works for him; his hunger drives him on.—Proverbs 6:26

2 Types of Depression

- Permanent, from giving up
- Temporary, from delaying gratification

Sometimes an obstacle is an opportunity, an open door

Successful people change from goal oriented to process oriented

Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.—James 1:1–5

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Next Week on "Solutions"

It's Not My Fault:

**Principle #7 You Can Get Connected
& Principle #8 You Can Learn to Say No**

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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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

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