



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF MARCH 5, 2007



It's Not Easy Being a Superhero: Wonder Woman

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

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I. Introduction

What does it mean to be a mature, complete woman?

II. The complete woman needs to be a connector

She needs to bring forth a receptivity to connectedness that is inviting

*She brings him good, not harm, all the days of his life.—
Proverbs 31:12*

Her grace extends an invitation that tells him she's on his side

She's inviting, but she also brings something to the table

- She's not an empty tank trying to get her own neediness filled up
- She comes to the table already having been loved

She wants connection with a man, but has a complete full life without one

III. The complete woman has containing capacities

A man regresses when he's in love

- He separated from Mom to become mature, so loving a woman is a kind of regression

The complete woman contains that regression

- A woman who accommodates man's immaturity loses herself
- She accommodates so he won't leave, but that makes her Mom, from whom he must separate
- Co-dependents get left

The complete woman puts her foot down and sets limits

- He responds well, as long as the limit-setting is for him, not against him

Guard your heart with all diligence because out of it flow the issues of life.—Proverbs 4:23

- A woman who attracts immature men needs to guard her heart

She can stand up for her own life

- She engages the world and brings something back from it to the relationship
- She develops her talents

A little girl's developmental challenge: separating from Mom while still identifying with her

- If Dad fails her, she's either enmeshed with Mom or competing with Mom
- If she's competing with Mom, she's jealous, and that drives a man away

IV. The complete woman feels “good enough”

Developmentally, perfectionism is often from Mom

- Mom projects her own narcissistic strivings onto the little girl
- For guys, this translates into “*You're not good enough*”—sense of “oughtness”

A complete woman's energies go into connection, not performance anxiety

- 99% of sexual dysfunction is performance anxiety

V. The complete woman is sexual

Men want the “good girl” and the “bad girl” in the same body

- “You can train the ‘good girl’ to be ‘bad; you can’t train the ‘bad girl’ to be good”

A sexually complete woman has left Mommy, is not under shame, is free and confident

Sexuality is an expression of

- Her desire for love
- Her separateness
- Her containing function—she’s not an object
- Her being okay with imperfection
- Her being part of a couple that can laugh at themselves and their mistakes

VI. The complete woman has incorporated her talents and gifts into her identity

Men really are looking for a friend; they want someone to be mutual with and do fun things with

VII. Every woman can become the complete woman

She can, if she works on the issues that get in the way,

- Be loving and kind
- Be not angry but inviting
- Stand up for herself
- Be comfortable with her imperfections
- Express her talents
- Have worked through her “stuff” sexually

Guys can help women work on this

Next Week on “Solutions”

It’s Not Easy Being a Superhero: Sizzle!

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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