



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF MARCH 12, 2007



It's Not Easy Being a Superhero: Sizzle!

Featuring
Dr. John Townsend
Psychologist
Best-selling co-author of Boundaries series,
author of Hiding from Love

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I. Introduction

What is sizzle?

II. Two myths of attraction

1. “Sexual attraction is only about looks”
2. “Attraction is about the other person”
 - Attraction is about you

III. Attraction

Attraction: idealization of someone’s good parts while being aware of their bad parts

- Desire can increase over the decades—and should

We’re attracted to the person we know the least

- We idealize, then fill in the blanks with “psychotic thinking”

Desire comes from the developmental process

*You made me trust in you even at my
mother's breast.—Psalm 22:9b*

Mature desire is wanting love and also wanting to give—mutuality

Physical appearance and insides are connected: not just how it looks but what it means

IV. Insides and attraction: characteristics that are attractive

Capacity to empathize and have compassion for others’ struggle and failures

Ability to be honest

- Confessing one’s own failures
- Taking a risk and confronting

Ability to experience and embrace the pain of growth

What God made desire for

V. Attraction: the way it too often works out

Repeating past patterns, or reacting to them, if we haven't worked through them

Denying the existence of the bad—especially in dating

Making up the good: pretending it's good when it isn't

Having an unspoken hurt or resentment—this is a block to passion

- This leads to affairs: someone who'll idealize me and that I'll idealize

VI. Fixing the problems

To feel attraction, leave home: it doesn't work if you're still dependent on parents

Reclaim your lost parts

- Learn to speak up, confront, disagree
- If you've experienced loss, reclaim that lost love in nonsexual ways

Learn how to let go—of what you can't have yourself and what just isn't in the other

- Grieve and let go: then you get attracted to what's real

Don't use sex as an anesthetic

Next Week on “Solutions”

It’s Not Easy Being a Superhero: Some Kind of Wonderful

Resources:

BOOKS:

Hiding From Love

By Dr. John Townsend
www.zondervan.com

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

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