



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF MARCH 19, 2007



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

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

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I. Introduction

The difficult transition from hormonal attraction/chemistry to heart connection

- From early “wow” to mature “wow”

II. From Chemistry to the Heart

The chemistry “wow” is strong because of the unknown

Mature “wow” is about connecting inside

A red-flag sign you’re not connecting: when your “want to” is replaced by “ought to”

III. The Seven Contents of the Heart

1. Your emotions/feelings
2. Your values: what motivates you toward life
3. Your desires and wishes
4. Your needs- the heart is a repository of needs
5. Your hurts
Even the best relationships will hurt you
6. Your weaknesses
In a good relationship, weaknesses are welcome
7. Your past

IV. What to do When Sharing

Meet heart sharing with warmth

Ex: “That must be hard”

Move toward the negative

- In real depth relationships, both sides are comfortable with the negative
- Some of us get anxious when we can’t “fix it”
- Relationship is the answer

V. What Not to do When Sharing

Don’t think about your own experience

Watch out for disrespect- whatever is being shared has to be respected

VI. Tips

Share the “Seven Contents of the Heart” list with your significant other

- Talk about what is missing

Keep the end in mind

- The goal: Closeness/Intimacy

Expect a happy ending

Next Week on “Solutions”

It’s Not Easy Being a Superhero: Battle of the Sexes

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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