



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF MAY 14, 2007



What's Your Style? The Eeyore and The Cling-On

Featuring
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Best-selling co-author of Boundaries series,
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I. Introduction

The focus in this series is less on one's own relational style(s) and more on dealing with others' styles that get in the way of real connection

II. The Eeyore

The Eeyore tends to see the cup half-empty

They're not in denial about negative things, and they are in pain

They feel negative about past, present, & future—the future especially in an area of risk

There's a paralyzing fear of taking risk

Encouragers tend to take on Eeyores as missions—but get discouraged

The Eeyore soon returns to negativity, then withdraws

The problem: the Eeyore's internal world is a cycle of guilt or loss or anger that encouragement just won't fix

Four motivations behind the Eeyore

- To protect themselves—they're terrified of real connection
- To control—if they can keep people at a distance, they won't be hurt
- To connect—they're asking you to understand how bad it is and to comfort
- To punish—how better to frustrate an encourager than to keep getting depressed?

Tips for dealing with the Eeyore:

- Ask for permission to give feedback
- Don't be afraid of negativity
- Help them see choices
- Give true encouragement: "You can do it—and I will help"
- Be a bridge or a conduit to more help

III. The Cling-on

The Cling-on likes to get close but has dependency issues that push people away

What the Cling-on interprets as a need for more connection is often fear of independence or autonomy

Growing up involves leaving—becoming autonomous

Grownups are supposed to have experiences, process them, then go for feedback

But the Cling-on feels it isn't real till someone else knows about it

Four motivations behind the Cling-on:

- To protect themselves—from their own aggression
- To control—they use dependency so they always have a backup
- To connect—they go deep emotionally very quickly
- To punish—they tend to be indirect with their anger and to feel hurt instead

Tips for dealing with the Cling-on:

- Give something of yourself wholeheartedly
- Confront them on their fears of risk
- Help them deal with differences
- Deal with your own guilt

Next Week on “Solutions”

Loving Limits

Resources:

BOOKS:

Changes that Heal

By Dr. Henry Cloud

www.cloudtownsend.com

Hiding from Love

By Dr. John Townsend

www.zondervan.com

How People Grow

By Drs. Henry Cloud and John Townsend

www.zondervan.com

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