



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF AUGUST 6, 2007



Let Love In

Featuring

Dr. John Townsend

Psychologist

*Best-selling co-author of Boundaries series,
author of Hiding from Love*

Visit CCN on the web at www.ccn.tv

I. What is it that love does?

Love is the fuel for life

II. Three areas of life where love makes a difference

Clinical:

Depression/anxiety

Addiction/habit

Willpower fails when you've got a clinical issue

Relational:

Disconnections

Control

Judgment (as in being judgmental)

Functional:

Career problems

Potential problems

Structure problems

III. Internalization

The process:

Parents' love (external)

Parents' voice (internal) becomes the voice inside us: "You're OK"

Personal voice (internal): "I'm OK, I can do this"

...and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. —Ephesians 3:17

God meant us to be always online with him and each other

IV. Alienation

Internalization broke because of the Fall

Alienation creates the bad fruits in the clinical, relational, and functional areas

When internalization doesn't work

Parent, unavailable:

Warm, no structure

Structure, but cold

V. The process: how to begin getting what you need

- We all have the need/fear dilemma

What we need, we are afraid of

Defensive/avoidant

Look at the ways you push away love

- Separation leading to insatiability

If internalization hasn't worked, there may not be an "enough"

- Find warm contexts

Get around people who are safe, who move toward you and your need

Need is the only thing that internalization moves toward

Connect to the outside world

The people who succeed the most are those who know that they are loved

Next week on *Solutions*: “When Less is More!”

Resources:

BOOKS:

Hiding from Love

By Dr. John Townsend
www.zondervan.com

How People Grow

By Drs. Henry Cloud and John
Townsend
www.zondervan.com



CLOUD-TOWNSEND SOLUTIONS FOR LIFE

FREE online video solutions 24/7!

As part of our online video community you can ask Dr. Cloud & Dr. Townsend your questions and get a video response!

Go to **CloudTownsend.com** and discover:

- relevant video solutions
- videos of the week
- engaging discussion groups
- and much more!

Sponsored In Part By:  **NewLife Ministries**

New Life Ministries is a fully-equipped resource for the treatment of mental and spiritual health issues.

www.newlife.com

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

Visit CCN on the web at www.ccn.tv