



CCN WEEKLY SOLUTIONS SERIES  
THE WEEK OF OCTOBER 22, 2007



## **Relational Freedom, One Step at a Time, 3: Name It and Claim It**

**Featuring**

**Dr. John Townsend**

*Psychologist*

*Best-selling co-author of Boundaries series,*

*author of Hiding from Love*

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## I. Confession

When you confess, you agree with the truth

- Confessing belief
- Bringing dark things into the light of relationship

Confession is generally of something that was in the dark for a reason

## II. What do we need to confess?

Sins

- Sins done by me
- Sins done against me

These need to be brought to light so they can be healed

This isn't blaming

Inabilities

The things at which we fail

These need compassion

Needs

We're to bring our needs to relationship, to connection

Past

- Things that haven't been in the light of relationship
- You may need to talk about old pains that have never been loved, understood, comforted, empathized with

### III. Types of confession: agendas

We may need to reconcile

Reconcile with a hurt party

We confess to be known

How we are and what we're doing

This should be going on all the time

We confess for growth and healing

If this part of me is not known, it stays judged and doesn't get healed

The things you don't confess get worse; the things you do confess get better

Confession has a progression:

You begin to confess at certain levels—and then, if it's safe, you go to a deeper level

And this should keep happening throughout life

You have to go from a "fruit" level of connection to the "root" level

### IV. Obstacles to confession

The gap of judgment

Between who I am and who I want to be is a place of  
condemnation

You may need to tell about that judgment

The demand to be perceived as "good"

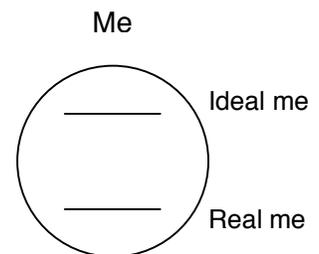
Needing to be seen as not having problems, not making mistakes

Instead, be experienced as "loved"

Loved people become good

The lack of safe contexts

Confession is hard to do without them



## V. Steps and tips

- Identify the part of you that is only known by God

Stop hiding behind God

- Take initiative instead of getting caught

It's better to bring it out rather than have it found out or have it get worse

- Confess from your heart, not just your head

Not just the facts, but the feelings

- Take ownership of what you confess

When you confess, be responsible for what you've said

## Next week on *Solutions*: “Please Release Me!”

### Resources:

#### BOOKS:

##### *Hiding from Love*

By Dr. John Townsend  
www.cloudtownsend.com

##### *Who’s Pushing Your Buttons?*

By Dr. John Townsend  
www.cloudtownsend.com

##### *Loving People* (to appear)

By Dr. John Townsend

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