The Four Corners of the Universe

Featuring

Dr. Henry Cloud
Psychologist
Best-selling co-author of Boundaries series,
Author, The Secret Things of God
and The One-Life Solution
The Four Corners: Where You Are

The “real you” is not designed to be the universe

You’re relational: you were designed to connect to other entities

The four corners are your relational address

Where you end up will determine your fruitfulness in three different areas

• Clinical area
• Relationships
• Performance

Corner #1: Isolation

If relationship is unavailable or negative in nature

What we feel:

• Clinically: depression, anxiety, fear, paranoia, panic, terror, rage
• Relationally: suspicious, moving away, afraid, the need/fear dilemma
• Performance-wise

The Bible’s name for this corner: Hell

Corner #2: Bad Connection

The result of this relationship is a “bad me”: to feel bad

• Guilty, inferior, shameful, condemned
• Abused or controlled

You don’t even need another person: negative self-talk

Then some people choose to go back to corner #1
Corner #3: Pseudo-relationship

Connecting with an activity that makes us feel good

• Overeating or Illicit activities

• Pursuit of the ideal self

• Fantasies

“God’s good, you’re bad, try harder” doesn’t work

Then some people choose to go back to corner #1

Full but unfulfilled

The guilt-binge cycle

The solution is not the Law nor to do away with the standards

Corner #4: Real Relationship

The real you is connected to a real other

Real relationship is both loving and true

• Your systems are thriving

• You get hope back

• In the flow: you’ve lost yourself in love

Come home!

Call God, and call somebody else

Ask yourself: “Where am I right now?”
Next week on Solutions:
“When the Going Gets Tough!”

Resources

Necessary Endings
by Dr. Henry Cloud
To appear
www.cloudtownsend.com

Boundaries: When to Say Yes, When to Say No to Take Control of Your Life
by Dr. Henry Cloud and Dr. John Townsend
www.cloudtownsend.com

Sponsored In Part By:
New Life Ministries

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

www.newlife.com

Contact Information

Dr. Henry Cloud
Cloud-Townsend Resources
18092 Sky Park South, Suite A
Irvine, CA 92614
Phone: 800-676-4673
Web: www.cloudtownsend.com

Church Communication Network
PO Box 1718
Mountain 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