



Character Discernment For Dummies, Part 2

Featuring

Dr. John Townsend

Psychologist
Best-selling co-author of Boundaries series and Safe People,
author of How People Grow

I. Relationship heals, and relationship hurts

We need a better people picker

Guard your heart with all diligence, for from it flow the issues of life. —Proverbs 4:23

Issues in our lives tend to have people on the other end of them

These people don't just land in our lives without us having a part in it

The responsibility for who we choose falls on us

Your people picker needs to have filters

II. Safe people

You must evaluate people

Don't have only safe people in your life

Jesus built his life in concentric circles

The closer you got, the more he revealed

Where your heart is involved, be discerning

Family → familiar

From infancy, patterns develop

Two sides to the pattern

Subject/me Object/other

...I will walk with integrity of heart within my house; I will not set before my eyes anything that is base. I hate the work of those who fall away; it shall not cling to me. Perverseness of heart shall be far from me; I will know nothing of evil. One who secretly slanders a neighbor I will destroy. A haughty look and an arrogant heart I will not tolerate. I will look with favor on the faithful in the land, so that they may live with me; whoever walks in the way that is blameless shall minister to me. No one who practices deceit shall remain in my house; no one who utters lies shall continue in my presence. Morning by morning I will destroy all the wicked in the land, cutting off all evildoers from the city of the Lord. -Psalm 101

In bad situations, people get their attachments before their people picker

1. Apologizers vs. repenters

Does the person say, "I'm sorry," or does the person change?

You'll see the repenter pursuing health—and you're not driving it

2. Scene vs. movie

There's a time test

3. Against growth vs. for growth

Those who aren't coming to the light will resist when you do

4. Religious vs. spiritual

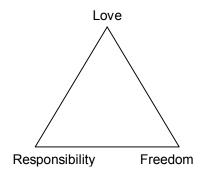
True spirituality: relational and connected

5. No ownership vs. ownership

Without freedom you have no love

But not using freedom responsibly destroys love

6. Defensive, contempt, disconnect, criticism



IV. What to look for

- 1. Connect
- 2. Freedom

Do they allow separateness?

Is your "no" respected?

- 3. Real: both good and bad
- 4. Adult, equal

Not looking for parents, not looking to parent

Next week on *Solutions*: "Dream Lover"

Resources

BOOKS:

Loving People

By Dr. John Townsend www.cloudtownsend.com

Who's Pushing Your Buttons?

By Dr. John Townsend www.cloudtownsend.com

Hiding from Love

By Dr. John Townsend www.cloudtownsend.com



Contact Information

Cloud-Townsend Resources 18092 Sky Park Circle South Suite A

Irvine, California 92614 **Phone:** 800-676-4673 **Web:** www.cloudtownsend.com