S990

## Outline

## **Change Starts with You!**

Because God designed humans to be born in a dependent state, we begin life empty. We depend on someone for everything; in order to thrive, we need our caretaker to be good to us and give us what we require. If things go well, we will grow, mature, and become less dependent and more interdependent. It is not uncommon for us to stay dependent in a few areas of life and then blame someone else for what we don't have. How do you handle not getting what you want from someone? Join Dr. Cloud and he will help you evaluate where you are on the continuum between dependency and interdependency, and how you handle life's disappointments. It's important to know where you are.

## Small group discussion questions:

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2) What need inside of me drives that? Where am I most vulnerable?

3). How can I better respond to those challenging situations?