

CLOUD-TOWNSEND RESOURCES



SOLUTIONS

real people, real life

The One Life Solution, 2: Testing Your Power & The Audit

Featuring

Dr. Henry Cloud

Psychologist

Best-selling co-author of Boundaries series,

author of The Secret Things of God

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I. Power

The ability to run your own “house”

Not power over others

Power’s negative connotations

You can’t survive emotionally, relationally, and functionally without power

Learned helplessness

No internal locus of control: they don’t have choices

No power in relationship

No power to reach goals

Created in God’s image: with power

II. Power drains

You can’t lose power without a crack in the fence

If the boundaries are secure, bad things can’t get in and good things can’t get out

“I can’t stand it when he’s disappointed in me”

These dynamics come from somewhere in our makeup

Fallen world, imperfect families, and we responded imperfectly

Overpowered boundaries get internalized

**Where, with whom, and under what circumstances do you tend to lose your power?
What are the chinks in your armor? What are the holes in your fences?**

Kinds of dynamics (power drains) that can get to us

- Need for security
What do you do when things are uncertain?
- Need to be perfect
- Tendency to over-identify with people's problems
Rescue mode
- Fear of being alone or isolated
- Fear of conflict, need for harmony
- Fear of disagreement/differing opinions
- Fear of someone's power over us
- Inability to say no
- Inability to accept other people's limits

Figure out what your power drains are

III. The audit

What we bring to life: time and energy

Your time is your life

The audit: a diagnostic tool that shows what's important to us

- Keep track of your time
- Connect the dots to the power drains
 - With your family
 - At work

IV. Tips

- Don't do this alone
- Look at the power drains
- Make some rules for yourself

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Resources

BOOKS:

The One Life Solution

by Dr. Henry Cloud

www.cloudtownsend.com

Boundaries

by Drs. Henry Cloud and John
Townsend

www.cloudtownsend.com

Ultimate Leadership

www.cloudtownsend.com



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