



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF AUGUST 25, 2008



The One Life Solution, 4: Three Steps to Profits and Peace

Featuring
Dr. Henry Cloud
Psychologist
Best-selling co-author of Boundaries series,
author of The Secret Things of God

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I. Ten Laws of Boundaries, part 2

6. The Law of Evaluation of Pain

Just because someone's screaming doesn't necessarily mean something bad has happened

Expect some people to get mad at you

Hot-tempered people must pay the penalty. If you rescue them once, you will have to do it again.
—Proverbs 19:19

7. The Law of Proactivity

Causing something to happen rather than responding to it after it happens

Don't wait for things to make you respond

8. The Law of Activity

Nothing good will happen on my "property" if I don't cause it to happen

I have a role in being the solution, even if I'm not causing the problem

9. The Law of Envy

Envy is what original sin is about

People lose their boundaries when envy dominates their lives

10. The Law of Exposure

Boundaries can't be secret

The more people are conflict-avoidant, the less success is in their lives

II. Steps to profits and peace

1. Examine your relationship with you and your words

When you try to say "No," fears come up: it's a pattern

Words we have a problem with:

I will
I think
I don't know

I won't
Yes
I was wrong

I want
No
When you...

The person who can't say *I want* can't negotiate

Say no to good stuff—that takes away time and energy from the best stuff

2. Make the “no-choice” choices

What are the “rocks”?

Once these become “decisions”, people lose it

When things are off the table, it brings freedom

Family time, date night, exercise time, team time, friend time, spiritual time, accountability time...

Boundaries as fixtures in the structure of your life

3. Follow the misery, and then make a rule

When things get banned: When someone gets hurt

When self-control doesn't provide the order that's needed

Preventing my patterns of misery by having a rule

Boundaries and structure force efficiency

All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything.
— 1 Corinthians 6:12

**Next week on *Solutions*:
“The One Life Solution, 5: Time, Space, and e-Mail”**

Resources

BOOKS:

Ultimate Leadership Workshop
www.cloudtownsend.com

The One Life Solution
by Dr. Henry Cloud
www.cloudtownsend.com

Boundaries
by Drs. Henry Cloud and John Townsend
www.cloudtownsend.com

Solutions Leaders
www.cloudtownsend.com

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