

Rescue Your Love Life Series

Outline

Introduction

Whether you are married already – or are just planning for marriage in the future – this series is for you! Most people go into marriage expecting smooth sailing, but eventually storms will arise. If conflicts are not handled properly, relationships can be destroyed. Don't panic if you've hit some rough waters in your marriage; you can change your destructive patterns before it's too late. Dr. Henry Cloud and Dr. John Townsend will guide you through the process of examining the thoughtless actions that are breaking your connection – and show you how to cultivate the attitudes and behaviors that will help you nurture your marriage. Learn how to set realistic expectations, master healthy communication, build trust, and enhance the romance in your marriage.

My Lover Should Make Some Changes

Many couples would consider their relationship to be “OK” – but often, the relationship has deteriorated and they've just come to accept this as normal. It is human nature to believe that the other person is at fault; pointing the finger and blaming has been around since Adam and Eve. Although your spouse may indeed have changes to make, you need to identify your contribution to the problem. In this session, Dr. Townsend helps you to work on the only thing you have power over – yourself.

Small group discussion questions:

1) How have you found yourself expecting the other person to make changes? Where did that expectation come from?

2) What are you depending on from that person that you may need to rethink?

3) Which of the five target areas is the biggest challenge to you, and what can you do about it this week?