

A  
RESOURCE  
GUIDE TO

KEEPING YOUR  
**COOL**

WEEK 5

**RELATIONSHIPS**  
IT'S NOT YOU, IT'S ME

## SUGGESTED RESOURCES:

### BOOKS:

*The 5 Love Languages*  
by Gary Chapman

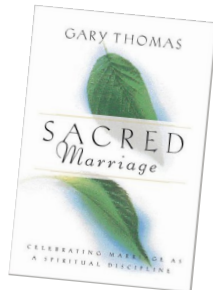
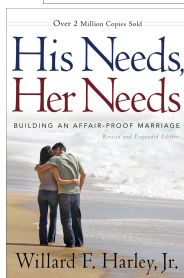
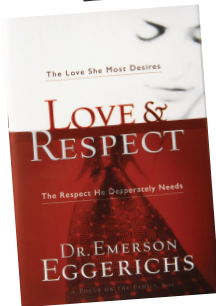
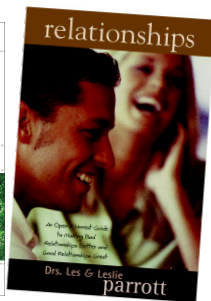
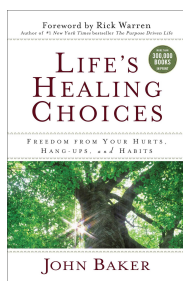
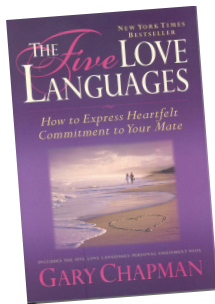
*Life's Healing Choices*  
by John Baker

*Relationships*  
by Les & Leslie Parrott

*Love and Respect*  
by Dr. Emerson Eggerichs

*His Needs Her Needs*  
by Willard F. Harley, Jr.

*The Sacred Marriage*  
by Gary Thomas



## SOMETHING TO THINK ABOUT...

Do you see yourself as a giver in your relationships, or more of a taker? Why?

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Think of someone you can encourage this week by either listening, sharing or encouraging. Now go do it!

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This week, what is one thing you can do each day for someone else?

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### **COUNSELING:**

*If you are in need of counseling, please call our church office for a list of counselors at 318-9446.*