CONTENTS

Acknowledgementsix		
Chapter 1	Introduction: Loving is Scary1	
Part 1		
Building the Emotional Wall: Hiding from Love		
Chapter 2	The Emotional Wall Part 1	
	Fear, Pride, Control, Self-Righteousness11	
Chapter 3	The Emotional Wall Part II	
	Blame-shifting, Defensiveness, Bitterness, and Rage27	
Chapter 4	Life Behind the Wall I: Relational Protection48	
Chapter 5	Life Behind the Wall II: Destructive Communication59	
Chapter 6	Life Behind the Wall III: Emotional Disconnection70 $$	
Part II		
Breaking Through the Wall: Learning to Love		
Chapter 7	Introduction: Love Breaks Through the Wall79	
Chapter 8	Story: Discovering Our Beautiful and Sacred Story 84	
Chapter 9	Self-Awareness: Knowing Our Own Soul99	

	Chapter 10	Loving Beyond Ourselves: Living in Brokenness, Repentance, and Weakness115	
	Chapter 11	Character Transformation Part I Love, Joy, Peace and Goodness/Kindness127	
	Chapter 12	Character Transformation Part II Patience, Gentleness, Faithfulness, Self-Control 141	
Part III			
	Living On The Other Side: Embracing Love		
	Chapter 13	Introduction: Loving People on the Other Side 163	
	Chapter 14	Becoming an Emotionally Mature Person167	
	Chapter 15	Loving Communication: Giving Others Direction Toward Our Hearts180	
	Chapter 16	Redefining Conflicts: Redeeming What Divides 191	
	Chapter 17	Coming to the Table: Seven Principles of Conflict Resolution205	
	Chapter 18	The Tenacious Grip of Forgiveness: Daring to Love Beyond Pain219	
		Reconciliation and Rebuilding Trust: The Hallowed and Hard Path234	
		Conclusion: A Love Letter248	
	Notes	261	