

# The Four Corners of the Universe

## The Four Corners: Where You Are

The “real you” is not designed to be the universe  
You’re relational: you were designed to connect to other entities

The four corners are your relational address  
Where you end up will determine your fruitfulness in three different areas

- Clinical area
- Relationships
- Performance

### Corner #1: Isolation

If relationship is unavailable or negative in nature

What we feel:

- Clinically: depression, anxiety, fear, paranoia, panic, terror, rage
- Relationally: suspicious, moving away, afraid, the need/fear dilemma
- Performance-wise

The Bible’s name for this corner: Hell

### Corner #2: Bad Connection

The result of this relationship is a “bad me”:  
to feel bad

- Guilty, inferior, shameful, condemned
- Abused or controlled

You don’t even need another person: negative self-talk

Then some people choose to go back to corner #1

### Corner #3: Pseudo-relationship

Connecting with an activity that makes us feel good

- Overeating or Illicit activities
- Pursuit of the ideal self
- Fantasies

“God’s good, you’re bad, try harder” doesn’t work

Then some people choose to go back to corner #1

Full but unfulfilled

The guilt-binge cycle

The solution is not the Law nor to do away with the standards

### Corner #4: Real Relationship

The real you is connected to a real other

Real relationship is both loving and true

- Your systems are thriving
- You get hope back
- In the flow: you’ve lost yourself in love

Come home!

Call God, and call somebody else

Ask yourself: “Where am I right now?”

## CHARACTERISTICS OF A CORNER 4 CONNECTION:

CONNECTION THAT FUELS

CONNECTION THAT GIVES FREEDOM

CONNECTION THAT REQUIRES RESPONSIBILITY

CONNECTION THAT DEFANGS FAILURE AND LEARNING

CONNECTION THAT CHALLENGES AND PUSHES

CONNECTION THAT BUILDS STRUCTURE

CONNECTION THAT UNITES INSTEAD OF DIVIDING

CONNECTION THAT IS TRUSTWORTHY

#POWEROFTHEOTHER

Dr. Henry Cloud

# THE POWER OF THE OTHER

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The Startling Effect Other People  
Have on You, from the Boardroom  
to the Bedroom and Beyond—  
and What to Do About It

**Dr. Henry Cloud**

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