

Safe People Series – Chapter 12

Outline

Learning How to Be Safe

Once you find safe people, you need to learn how to be safe with them. In order to experience better relationships, you must re-learn your humanity and stop trying to be God. It can be difficult for some of us to ask for help, or to acknowledge our own needs and weakness. We can't be passive in this process; we need to take the initiative to reach out. Dr. Cloud shares six steps we can take toward being more open and real with others, and how we then can give back to others as a result of practicing these steps.

Small group discussion questions:

1) Where have you lost your humanity?

2) What are some of the steps in reclaiming your humanity you could identify with?

3) What are some ways of giving safety to others that you would like to exhibit?