

Safe People Series – Chapter 2

Outline

Personal Traits of Unsafe People

People don't have to be perfect to be in our lives; in fact, perfect people don't exist. We can still enjoy healthy, great relationships—if we choose the right people. Unsafe people pretend that they have it all together; they'll apologize, but won't change; they'll demand trust rather than earning it. At times, all of us manifest some “unsafe” behaviors. However, when we notice that a person is consistently unsafe, we need to beware. Dr. Townsend shares the top four personal traits of unsafe people, and how their behaviors can harm us.

Small group discussion questions:

1) Which of the four personal traits are you personally vulnerable to, and why?

2) Who in your life “has it together”, and why do you put up with it?

3) Who do you need to *love* instead of trust?