## Dr. Henry Cloud S1053

# SOLUTIONS

Safe People Series – Chapter 5

#### Outline

### Do I Have a "Safety Deficit"?

When we have a safety deficit, we are cut off from closeness with God – and His people. We see this deficit in our functional, relational, and spiritual lives – as well as in our physical health. If you don't have enough safe people in your life, you need to be able to figure out what you are lacking. Are you only a "giver", never receiving from others? Do people only make contact with you when they need something? Dr. Cloud provides a list of questions to help you assess the quality of your important relationships, and shows you three areas of life in which you will notice safety deficits.

#### Small group discussion questions:

1)	) Do	you	see	any of	the t	patterns	Dr.	Cloud	mentioned	l in y	/ourself?
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2) In the areas discussed (how you feel, your relationships, your performance, your spiritual life) are there any signs indicating you might need some help from the outside?

3) What steps can you take to find safe people? Do you need to go to a structured place to get the support you'll need?