

Safe People Series – Chapter 6

Outline

Why Do I Choose Unsafe Relationships?

If you find yourself going from one destructive relationship to another, you need to look at the part you are playing. Your own character issues, injuries and emotional problems will drive you to find unsafe people—and that pattern will continue until you discover *why* you choose unsafe people. Dr. Townsend shares the top four reasons that you might be picking the wrong people, and talks about the importance of having a “life team” to support you.

Small group discussion questions:

1) Which of the four reasons people pick the wrong people are you most vulnerable to?

2) Who in your life do you need to stop having “defensive hope” with today?

3) Who can help you stop rescuing?