

## Safe People Series – Chapter 7

### Outline

#### **False Solutions**

In looking for safe people, you may find yourself doing certain things that don't solve your problems, but actually add to them. Simply being "active" or "busy" is not enough; it's important to put energy into relationships in a way that is effective. If you find yourself always trying to fix others, doing all the work in a relationship, giving but refusing care – these are false solutions. Maybe you're just "doing without", and have given up on relationships because of disappointment and resignation. Dr. Townsend explains that you can be *busy* without actually being *known* – and how this leads to isolation.

#### Small group discussion questions:

1) What has it cost you to pick the same, wrong type of people over and over?

2) How can you stop "over-giving", so you'll have enough resources (time, energy) to invest in the right people?

3) Have you given up on relationships? How can you come out of your isolation?