

Safe People Series – Chapter 8

Outline

Why Do I Isolate Myself from People?

You may not be aware that you have become isolated; even when you are surrounded by people, you can experience isolation if you're not being open and vulnerable and getting your needs met. There are many reasons why people cut themselves off from the things they need most. If your "trust muscle" has been damaged, it may be hard for you to get close to anyone. Dr. Cloud helps you identify the source of your isolation, the first step toward finding the relationships that will heal the damage of the past.

Small group discussion questions:

1) Even though you are not *physically* isolated, have you isolated your heart in some way?

2) What events in your life caused you to not trust anymore?

3) Which of the individual patterns discussed (devaluation, perfectionism, etc.) can you see in your life?