

24-Are You a Safe Person?

Why ask this question? If you are a safe person then you're the kind of person who can pour these traits into other people. If you're not a safe person then you'll want to deal with the traits that can harm you and those closest to you.

Ask yourself how close the description of an unsafe person applies to you. Read through these eleven personal traits of unsafe people and ask yourself --- **is that me?** Also **ask someone who knows you well** to answer these eleven traits. Those closest to you may see things that you deny about yourself. **Here are the eleven personal traits:**

Unsafe people

- think they "have it all together" instead of admitting their weaknesses
- are religious instead of spiritual
- are defensive instead of open to feedback
- are self-righteous instead of humble
- only apologize instead of changing their behavior
- avoid working on their problems instead of dealing with them
- demand trust instead of earning it
- believe they are perfect instead of admitting their faults
- blame others instead of taking responsibility
- lie instead of telling the truth
- are stagnant instead of growing

You can dig deeper into each of these traits in the book "Safe People" by Dr. Henry Cloud and Dr. John Townsend.

After you have taken a personal inventory and received the feedback of someone who knows you well, then it is time to take action. Each of us falls short of one or more of these traits. Each of us need to ask the Holy Spirit to speak truth to us. That truth will set you free to be the safe person that can shepherd your family and be an Ambassador for Christ to the world.

Verses:

2 Corinthians 12:9 "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

James 1:26 "If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless."

James 3:14 "But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth."

Ephesians 4:15 "Instead, speaking the truth in love, we will in all things grow up into him who is the Head, that is, Christ."

Personal Reflection:

How have your unsafe traits impacted your personal growth? How have your unsafe traits impacted those closest to you? What can you do to take accountability for these traits and repair the damage your unsafe traits have visited upon yourself and others?

Group Discussion:

How can the group work together to encourage all members to identify and overcome unsafe traits?

How can the group break into partners to encourage each other to face and overcome unsafe traits?