

## 25-Do You Have Unsafe Interpersonal Traits?

Last week we discussed the traits of unsafe people. These were personal traits. This week we are discussing the interpersonal traits; that is, traits focused on how we interact with others. How we interact with our spouse, our children, our parents, our siblings and our friends.

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

- 1- Unsafe people avoid closeness instead of connecting
- 2- Are only concerned about “I” instead of “we”
- 3- Resist freedom instead of encouraging it
- 4- Flatter us instead of confronting us
- 5- Condemn us instead of forgiving us
- 6- Stay in parent/child roles instead of relating as equals
- 7- Are inconsistent over time instead of being consistent
- 8- Are a negative influence on us rather than a positive one
- 9- Gossip instead of keeping secrets

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

Last week we encouraged you to take action. This week we again encourage you to act on what God has revealed to you. After you have taken a personal inventory and received the feedback of someone who knows you well, then it is time for you to step up and take action. Each of us falls short of one or more of these traits. Each of us needs 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:

**Genesis 1:18** “The LORD God said, ‘It is not good for the man to be alone. I will make a helper suitable for him’.”

**Psalm 119:45** “I will walk about in freedom, for I have sought out your precepts.”

**Jude 1:16** “These men are grumblers and faultfinders; they follow their own evil desires; they boast about themselves and flatter others for their own advantage.”

**Isaiah 50:9** “It is the Sovereign LORD who helps me. Who is he that will condemn me? They will all wear out like a garment; the moths will eat them up.”

**Isaiah 3:5** “People will oppress each other-- man against man, neighbor against neighbor. The young will rise up against the old, the nobody against the honorable.”

**Proverbs 11:13** “A gossip betrays a confidence, but a trustworthy man keeps a secret.”

### Personal Reflection:

How has your unsafe traits impacted your personal growth? How has your unsafe interpersonal traits impacted those closest to you? What can you do to take accountability for and repair the damage your unsafe interpersonal 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?