

Synopsis of *Safe People*

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by Frank L. Reed

Unsafe people – personal traits

1. Think they have it all together instead of admitting their weaknesses
2. Are religious instead of spiritual
3. Are defensive instead of open to feedback
4. Are self-righteous instead of humble
5. Only apologize instead of changing their behavior
6. Avoid working on their problems instead of dealing with them
7. Demand trust instead of earning it
8. Believe they are perfect instead of admitting their faults
9. Blame others instead of taking responsibility
10. Lie instead of telling the truth
11. Are stagnant instead of growing

Unsafe people – interpersonal traits

1. Avoid closeness instead of connecting
2. Are only concerned about “I” instead of “we”
3. Resist reform instead of encouraging it
4. Flatter instead of confronting
5. Condemn instead of forgiving
6. Stay in parent/child roles instead of relating as equals
7. Are unstable over time instead of being consistent
8. Influence others negatively instead of positively
9. Gossip instead of keeping secrets

Effects of the fall – humanity lost its safety

1. Disobedience
2. Envy
3. Self-sufficiency
4. Entitlement
5. Transgression against God’s love
6. People sin against each other
 - Bonding (love) process disrupted
 - Boundaries and identity not respected
7. Lack of maturity
8. Satan’s strategies
 - Accusing and blaming

- Tempting
- Sifting

Safe people

- Accept me for who I am
- Love me no matter what I do or who I am
- Develop my ability to love and be responsible
- Create love and good works in me
- Give me opportunity to grow
- Increase love within me
- Allow me to be myself
- Allow me to be on the outside what I am on the inside
- Help me deny myself for others and for God
- Allow me to become what God intended
- Help me to become the person God sees in me
- Touch me and leave me better for their influence
- Draw me closer to what God created me to be
- Help me to be like Christ
- Help me to love others more

Comments

Believers should be safe people

The Church should be the best source of safe people

Safe people are self-less

Safe people are “healers”

Safe people are not perfect

Safe people do not expect perfection of others

Safe people are comfortable giving and receiving

Safe people are long suffering

Safe people reach out to unsafe people

Safe people are not threatened by unsafe people

Unsafe people are threatened by safe people

Safe people eventually avoid unsafe people who continually resist change

Safe people are wounded, healed, and broken

Unsafe people are wounded and not healed and not broken

Safe people do not “throw spears”

Safe people do not “get even”

Safe people do not dodge responsibility

Safe people confront wrong in themselves and in others

Co-dependency

Love is a Choice by Hemfelt, Minirth, Meier

Is dependence upon and addiction to: people, behaviors or things

People – parent, friend, spouse, employer

Behaviors – eating, working, sex, rage, cleanliness, gambling

Things – money, clothing, food, house, car

Is attempted of control of: personal, internal feelings and emotions

By attempted control of: relationships, experiences, events

Is actually allowing these things to **be** controlling of life and behaviors

Is negative “tapes” playing in the mind

Becomes cycle of endless pain without boundaries to guard and honor life

Can be multigenerational

Grandparent alcoholic – dependent on substance

Parent workaholic – dependent on performance

Child promiscuous – dependent on approval

Characteristics of codependents

Driven by compulsions and addictions

Controlled by relational dysfunction – short term relationships

Faulty self concept (Looking glass world)

Believe happiness is dependent on other people

At the same time feels inappropriately responsible for others

Finds personal identity in those relationships

Lack of understanding of dependence, independence and interdependence

Denial of reality – prefer idealized perceptions

Extremes of emotions, clingy, smothering, demanding

Live in a cycle

Wrong beliefs become filters of reality

Distorted thoughts create distorted behaviors

Life “out of control” confirms wrong beliefs

Response to codependency

Do not become supportive part of other people’s problems

Do not allow them to distort reality to create idealized situations

Do not accept addict’s distortion of reality

Do not preserve addictive behaviors based on distorted thinking

Do support and empathize without creating dependency

Do provide hope and homework

Do require personal responsibility

Do help person to see self as God sees them

Do help person establish boundaries in life