

# SAFE PEOPLE

By Henry Cloud and John Townsend

<https://www.intelligentemotions.com/blog/safe-people-recognize-connect>

Unsafe Person	Safe Person
Think they have it all together	Admit their weaknesses
Act religious (live in Law/Judgment)	Are spiritual (relationship comes first)
Are defensive	Are open to feedback
Are self-righteous	Are humble
Apologize but keep repeating the same mistakes	Apologize and repent (change their behavior)
Avoid working on their problems	Deal with their problems
Demand trust	Earn trust
Act perfect	Admit their faults
Blame others	Take responsibility for their actions
Lie	Tell the truth even when it hurts
Are stagnant	Grow
Avoid closeness	Try to connect, desire intimacy
Concerned mostly about the needs to self	Concerned also about the needs of others
Unsympathetic to others' pains or emotions	Sympathetic to others' pains or emotions
Can't set boundaries, can't respect boundaries	Allow people to say "NO" and respect it
Confront with guilt and shame or not at all	Confront with truth in love and grace
Condemn	Forgive
Create Parent/Child, superior, inferior relationships	Desire and create equality in their relationships
Unstable over time (more and more unreliable)	Consistent over time (very reliable)
Negative influence on us	Positive influence on us
Gossip	Keeps others' secrets confidential
Envious	Genuine happiness for others' success
Self-sufficient	Interdependent
Entitled	Humble, giving, serving
Dependent/counterdependent (antidependent)	Interdependent
Self-harming, self-destructive	Self-care
Struggles with intimacy	Pursues intimacy
Insecure with attachment	Feels secure with attachment
Lives in Law	Lives in Grace
Rejects negative parts of self/good parts of others. Focuses on good parts of self/bad parts of others.	Accepts self/others a whole, with both good and bad traits.
Others-controlling/others-controlled	Self-controlled

# Safe People

**G Psacharopoulos**



**Safe People:**

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