

MONDAY NIGHT SOLUTIONS

DANGEROUS LIAISONS
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Getting involved with unsafe people can prove dangerous to our emotional, financial, and even physical health. There are few of us who have never been hurt in a relationship. If we are fortunate, the damage we've sustained has been minor. But for some of us, there have been times when we were completely blindsided by people we thought were safe. While we can't completely avoid being hurt, we can avoid trusting the wrong people. Dr. Townsend will describe many of the personal and interpersonal traits that define an unsafe person. Armed with this list of traits, you will more easily know both who to avoid and how to handle the unsafe people you can't avoid. If you've ever had trouble figuring out who would be safe to open up to, this is the night for you. MNS-686

OUTLINE

1. Personal Traits of Unsafe People

- a. Unsafe People think they have it all together instead of admitting their weaknesses.
- b. Unsafe People are religious instead of spiritual.
- c. Unsafe People are defensive instead of open to feedback.
- d. Unsafe People are self-righteous instead of humble.
- e. Unsafe People only apologize instead of changing their behavior.
- f. Unsafe People avoid working on their problems instead of dealing with them.
- g. Unsafe People demand trust, instead of earning it.
- h. Unsafe People believe they are perfect instead of admitting their faults.
- i. Unsafe People blame others instead of taking responsibility.
- j. Unsafe People lie instead of telling the truth.
- k. Unsafe People are stagnant instead of growing.

2. Interpersonal Traits of Unsafe People.

- a. Unsafe People avoid closeness instead of connecting
- b. Unsafe people are only concerned about "I" instead of "we."
- c. Unsafe People resist freedom instead of encouraging it.
- d. Unsafe People flatter us instead of confronting us.
- e. Unsafe people condemn us instead of forgiving us.
- f. Unsafe people stay in parent/child roles of relating as equals.
- g. Unsafe people are unstable over time instead of being consistent.
- h. Unsafe people are a negative influence on us rather than a positive one.
- i. Unsafe people gossip instead of keeping secrets.

Discussion questions:

1. Why do you think it is easier to pretend to have it together than to admit weaknesses?
2. What have been the fruit in your life of being in a relationship with a blamer?
3. When someone resists your freedom and choices, how do you respond?
4. How have you experienced being around a person who could not keep secrets?