

# MONDAY NIGHT SOLUTIONS

LONELY HEARTS CLUB  
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A broken heart is reluctant to trust again. If we've been hurt in the past, we may hesitate to reach out to people. Our first instinct may be to just avoid relationships, and for a while, being lonely may seem better than being hurt. However, in the long term, isolation only makes our relational problems worse. In this fifth week of our "Safe People" series, we will look at why we isolate and what is needed to heal a broken heart. There is more to it than being able to recognize unsafe people; one must also be able to recognize safe people. We will begin examining the three important characteristics of safe people. Join us and learn how to guard your heart from unnecessary pain. MNS-689

## OUTLINE

### 1. Why Do I Isolate Myself From People?

#### A Broken Heart

Abandonment

Inconsistent Attachment

Attack

Self-sufficiency

An Inability to Experience Hunger

Devaluation

Perfectionism

Merger Wishes

Passivity

## 2. What Are Safe People?

What is a Safe Relationship?

Dwelling

Grace

Truth

### **Discussion questions:**

1. Where have I experienced broken heartedness?
2. What has been my reaction to that experience that has affected my relationships?
3. What aspects of a safe person do I tend to not look for or ignore the need for?
4. Who can I talk to about these patterns and seek some healing and understanding?