

Learn how to ask for **h**\_\_\_\_\_

- own your needs
- take initiative - don't be passive about relationships
- develop and practice gratitude
- learn, confess difficulties,  
keep boundaries,  
acknowledge your feelings,  
face your resistances
- get to the underlying state you want to change
- invite the truth about yourself
- grant and receive forgiveness

Learn

- confess difficulties
- keep boundaries
- acknowledge your feelings

Face your **r**\_\_\_\_\_

Invite the **t**\_\_\_\_\_ about yourself

Enter into **f**\_\_\_\_\_

Give something **b**\_\_\_\_\_

# SAFE PEOPLE

*How to Find Relationships  
That Are Good for You  
and Avoid Those That Aren't*

*For this very reason, make every effort  
to add to your faith goodness;  
and to goodness, knowledge;  
and to knowledge, self-control;  
and to self-control, perseverance;  
and to perseverance, godliness;  
and to godliness, mutual affection;  
and to mutual affection, love.*

*- 2 Peter 1:5-7*

## Discussion questions

1) Where have you lost your humanity?

2) What are are of the steps in reclaiming humanity that you can relate to?

3) What are ways of giving safety to others that you would like to exhibit?