



Safe People

False Solutions

Chapter 7-Teacher

- The focus of this lesson is to take a closer look at what hasn't worked for you in your relationships and save you time so you don't make further mistakes and repeat the cycle.
- Struggles in finding safe relationships do not occur from a lack of trying. We try and try and sometimes give up thinking that safe relationships must only exist for other people.

Seven Doings-There are 7 false solutions known as the 7 doings that we will explore today. These "doings" are activities and attitudes that seem to promise hope for safe relationships. Yet in reality, they cause conflicts, hurt, and isolation.

1. Doing the Opposite

- a. In doing the opposite, we tend to make extreme moves based on our pain and confusion. It's a knee-jerk reaction to hurt.
- b. Some examples:
 - Falling in love reactively:
 - someone who is reserved and quiet to someone who is out of control
 - someone who is isolated to someone who is all emotions
 - someone who is irresponsible to a control freak
 - Choosing friends who are opposite from your family of origin:
 - Controlling family---- impulsive friends
 - Chaotic family ---- rigid friends
 - Abusive family ---- permissive friends

- Choosing religious settings in a reactive manner:
 - Liberal to legalistic
 - Overconservative to anti-doctrinal
 - Intellectual theology to experience-based theology
- c. The problem here is that we don't solve the problem. We switch the problems.
- d. This is called splitting. It is a way of viewing a relationship as all-good and another as all-bad. It's a black and white way of relating to others.
- e. When we are hurt so badly by an individual, we tend to label all individuals with those traits as something to avoid. This is a defense mechanism we use in hopes that we will never have to relive the pain that relationship caused us.
- f. God wants us to wisely discern the traits of others. Our goal is through Christ to develop the ability to filter out, discern and evaluate character.

"Teach me knowledge and good judgment." (Psalm 119:66)

2. Doing Nothing

- a. You may be someone who genuinely wants connection --- and yet isn't taking steps to plugin.
- b. Here are some examples of the "doing nothing" approach to finding safe people:
 - Scheduling your weekly activities --- and omitting relationships.
 - Becoming discouraged because no one calls --- and forgetting that your phone can make calls as well as receive them.
 - Chronically being too exhausted to make contact with others.
 - Being unable to feel lonely, therefore not making plans to connect
- c. Two internal conflicts may hold people back.

- i. An aggressive conflict that says, "But what if ----- happens? Better safe than sorry.
- ii. The other conflict is passivity. Waiting for a relationship or connection to occur instead of pursuing it

3. Doing "Cosmetic Personality Surgery"

- a. Another useless yet very common approach to finding safe people is making external changes in ourselves that aren't true heart changes.
- b. Examples:
 - Going to cultural events you have no interest in
 - Participating in sports, you don't like
 - Going to churches that are good meeting places but don't give you anything spiritually.
- c. God designed you with unique parts and traits. (Ephesians 4:16)
- d. Ask God to help you become the unique person He intended.

-SHOW VIDEO-

Four of the Seven Doings

1. Doing the Same- Repetition Compulsion

- a. Begin asking yourself:
 - Am I having the same conversations with different people?
 - Are the problems and conflicts similar, such as abandonment, control, guilt, irresponsibility, and rage?
 - Are my friends telling me there's a problem?
 - Am I becoming able to predict the end of a relationship?

She who neglects the past is doomed to repeat it.

2. Doing too Much

- a. 90/10- I'll take on all the responsibility of the relationship.
- b. We train people to be passive because we are doing everything.
- c. Rooted in the belief that I am only valuable if I am useful.

3. Doing for Others

- a. Giving to others but refusing to receive for others.
- b. You have to put your own needs in the conversation.
- c. Being transparent and vulnerable helps us build relationships.
- d. God wants us to give, serve, and help liberally and sacrificially. But not out of emptiness, loneliness, or a need to be loved.
 - i. "If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing." (1 Corinthians 13:3)
- e. Instead, we are to give out of a grateful, overflowing heart.
 - i. "God loves a cheerful giver." (2 Corinthians 9:7)
- f. Finding safe people is not a search for a ministry but a search for spiritual survival.

4. Doing Without

- a. It's a place of giving up hope for a relationship—a place of quiet despair.
- b. We are meant to live in relationship.
- c. Isolation sends the message to ourselves that
 - i. You aren't meant for safe people.
 - ii. You don't qualify
 - iii. You've been asking for too much.
 - iv. You can't get it right.
 - v. You are too damaged to have relationships.
 - vi. You are spiritual enough.

Questions

1. What does it cost you to forge ahead and repeat your past?
2. How can you stop over-giving and start letting the right people in?
3. Have I given up on relationships and chose to live in isolation?