



Book - Safe People: How to Find Relationships That Are Good for You and Avoid Those That Aren't by Dr. Henry Cloud and Dr. John Townsend

Reading Schedule: Book Club Meets on the 1st and 3rd Sunday at 10 am (PST)

Session	Reading Period	Meeting Date	Chapters	Chapter Titles
1	N/A	Sept 27	N/A	Purpose, rules, meeting format, and book selection
2	N/A	Oct 4	Ch. 1–2	What Is an Unsafe Person? • Personal Traits of Unsafe People
3	Oct 5 – Oct 18	Oct 18	Ch. 3–5	Relational Patterns of Unsafe People • What Is a Safe Person? • Why We Need Safe People
4	Oct 19 – Nov 1	Nov 1	Ch. 6–8	Why We Choose Unsafe People • Learning to Be Safe • Safe People Help Us Grow
5	Nov 2 – Nov 15	Nov 15	Ch. 9–11	Safe People Build Character • Safe People Are Honest • Safe People Are Compassionate
6	Nov 16 – Nov 29	Nov 29	Ch. 12–14	Safe People Forgive • Safe People Encourage Responsibility • Becoming a Safe Person
7	Nov 30 – Dec 13	Dec 13	Ch. 15–17	Growing Toward Safe People • Developing Discernment • Building a Support System
8	Dec 14 – Jan 3	Jan 3	Ch. 18–20	Repairing Unsafe Patterns • Practicing New Skills • Living in Healthy Relationships
9	Jan 4 – Jan 17	Jan 17	Ch. 21–22	Maintaining Growth • Long-Term Relational Health
10	Jan 18 – Jan 31	Jan 31	Review & Reflection	Final reflections, takeaways, and next steps