



# Safe People

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<https://www.olivemecounseling.com/blog/safepeople>

| Unsafe Person                                                                                           | Safe Person                                                 |
|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| Think they have it all together                                                                         | Admit their weaknesses                                      |
| Act religious (live in Law/Judgment)                                                                    | Are spiritual (relationship comes first)                    |
| Are defensive                                                                                           | Are open to feedback                                        |
| Are self-righteous                                                                                      | Are humble                                                  |
| Apologize but keep repeating the same mistakes                                                          | Apologize and repent (change their behavior)                |
| Avoid working on their problems                                                                         | Deal with their problems                                    |
| Demand trust                                                                                            | Earn trust                                                  |
| Act perfect                                                                                             | Admit their faults                                          |
| Blame others                                                                                            | Take responsibility for their actions                       |
| Lie                                                                                                     | Tell the truth even when it hurts                           |
| Are stagnant                                                                                            | Grow                                                        |
| Avoid closeness                                                                                         | Try to connect, desire intimacy                             |
| Concerned mostly about the needs to self                                                                | Concerned also about the needs of others                    |
| Unsympathetic to others' pains or emotions                                                              | Sympathetic to others' pains or emotions                    |
| Can't set boundaries, can't respect boundaries                                                          | Allow people to say "NO" and respect it                     |
| Confront with guilt and shame or not at all                                                             | Confront with truth in love and grace                       |
| Condemn                                                                                                 | Forgive                                                     |
| Create Parent/Child, superior, inferior relationships                                                   | Desire and create equality in their relationships           |
| Unstable over time (more and more unreliable)                                                           | Consistent over time (very reliable)                        |
| Negative influence on us                                                                                | Positive influence on us                                    |
| Gossip                                                                                                  | Keeps others' secrets confidential                          |
| Envious                                                                                                 | Genuine happiness for others' success                       |
| Self-sufficient                                                                                         | Interdependent                                              |
| Entitled                                                                                                | Humble, giving, serving                                     |
| Dependent/counterdependent (antidependent)                                                              | Interdependent                                              |
| Self-harming, self-destructive                                                                          | Self-care                                                   |
| Struggles with intimacy                                                                                 | Pursues intimacy                                            |
| Insecure with attachment                                                                                | Feels secure with attachment                                |
| Lives in Law                                                                                            | Lives in Grace                                              |
| Rejects negative parts of self/good parts of others. Focuses on good parts of self/bad parts of others. | Accepts self/others a whole, with both good and bad traits. |
| Others-controlling/others-controlled                                                                    | Self-controlled                                             |