

10 QUALITIES OF A SAFE PERSON

Processing questions to understand your emotions when triggered may be done independently. However, human beings were designed to live not in isolation but in community. People were created by a relational God to live in relationship with other people. Therefore, we access another source of help when we allow safe people to come alongside for human assistance and support. Not all people are safe or helpful. Here are attributes of a safe person to consider before entering into a vulnerable conversation.

A SAFE PERSON ...

- ... is trustworthy
- ... maintains confidentiality
- ... is non-judgmental
- ... will not quickly jump in to try and fix things
- ... listens with curiosity and compassion
- ... humbly acknowledges they do not have it all together themselves
- ... is willing to talk candidly about their own fears, wants, and struggles when appropriate
- ... challenges thoughts and behaviors as needed
- ... allows the responsibility to remain squarely in the arms of the one who is asking for help
- ... only offers suggestions and solutions as requested

