

FRIENDS, ARE THEY SAFE?

Safe

admits their weaknesses

are spiritual

Open to feedback

Humble

apologize & change their behavior

Deal with their problems

Earn trust

admits faults

Take responsibility

tell the truth

are growing

Not Safe

Only apologizes (Doesn't change behavior)

are defensive

are religious

Lies

Avoids working on their problems

Demands trust

Believes they are perfect

Blames other people for problems

are stagnate

Self righteous

Think they "have it all together"