



COMMON CHARACTERISTICS OF SAFE AND UNSAFE PEOPLE

SAFE PEOPLE

It's not all about them
Make eye contact
Accept you
Don't judge you
Are honest with you
Set and respect boundaries
Validate you as a person
Hold confidences
Are loyal and true
Are trustworthy
Listen and hear you
The relationship is real

UNSAFE PEOPLE

It's all about them
Don't make eye contact
Don't accept you
Judge you
Are dishonest with you
Don't respect boundaries
Do not value you as a person
Gossip about you
Use you for their own benefit
Cannot be trusted
Doesn't listen or "get you"
The relationship is phony

These characteristics are general and not absolute.

Examples:

An unsafe person can "make eye contact"

A safe person can appear to be "judgmental" at times.