5 WAYS TO KNOW IF YOU ARE A SAFE PERSON:

1. You're true to your word

   __ you choose integrity over ease

   __ you are honest in the big and the small; you refrain from the occasional "white lie," even when it would make things easier

   __ your yes means yes, and your no means no (aka, you do what you say you will + know your own limitations)

2. You welcome personal growth

   __ you're open to constructive criticism

   __ you are willing to change behavior when it is hurting someone

   __ you are not defensive when someone expresses their feelings

   __ you invite the truth about yourself, asking perspectives of trusted, loving companions

3. You're able to be vulnerable and seen for who you are

   __ you open up to people and show them the real you, not just the you that you desire people to see

   __ you have people in your life who know the hard stuff going on

   __ you're able to reciprocate sharing and are not just the listening ear or advice giver

   __ you can ask for help

   __ flattery and gossip are no longer a means for connection

4. You are able to have hard conversations

   __ you have the courage to confront real issues

   __ you are honest about your feelings when necessary

   __ you don't "spare" people and secretly hold a grudge

   __ you can discern between picking a fight and a constructive conversation

5. You give grace

   __ you can give grace to yourself

   __ you can give grace to others

   __ you can ask for forgiveness AND receive it

   __ you refrain from judgement and assumptions

A safe person is a mature person. No one is safe 100% of the time. Everyone slips up. It doesn't make you unsafe to slip up. Just practice #5 and get back to it.