



*Here's Your Monday Morning Sharing Circle.
Enjoy!*

A Person I Feel Safe With

Objectives:

The students will:

- identify safe and accepting relationships.
- describe specific behaviors that contribute to secure relationships.

Introduce the Topic:

Today our topic is, “A Person I Feel Safe With.” The world can seem like a pretty hostile place at times, with crowding, crime, and conflict between people and groups. Even in our daily lives, we experience the stress of competition and the press of time as we try to juggle our relationships and responsibilities. All of this makes it especially important that we have people in our lives with whom we can relax, knowing that we are safe and secure—not just physically, but emotionally. Who is such a person in your life? Tell us about someone who gives you a good feeling, who accepts and supports you, and always causes you to feel safe. This person could be an adult, child, parent, relative, or friend. Tell us specifically what the person does to cause you to feel secure in his or her presence. The topic is, “A Person I Feel Safe With.”

Discussion Questions:

1. What were the main reasons we gave for feeling safe with the people we described?
2. How do you know when someone accepts you just the way you are?
3. How can we become people with whom others feel safe?
4. Does feeling safe with a person mean that you and that person never disagree or experience conflicts? Explain.

Do you want more information?

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