

If Someone Has Not Proven Themselves Safe They May Be Proving Themselves Unsafe

Today's podcast is about how if someone hasn't proven themselves safe, they may be proving themselves unsafe.

I was thinking about something not long ago. In October, 2017, my father died. His final twenty days, he was in the hospital, connected to a ventilator. We were no contact by this time, so my "family" decided that not only did they need to tell me this, they needed to harass & try to bully me into saying goodbye multiple times a day, every day.

I deleted & blocked access to the worst of the worst of my relatives, the ones who constantly bothered me. Some others I left the door open for contact. We remained Facebook friends & I didn't block their phone numbers back then. Not one of them contacted me during that time or after my father's passing.

At the time, I thought their behavior meant they were safe, but I later realized something. Although they hadn't proven themselves to be completely toxic & unsafe, they also hadn't proven themselves safe either.

In situations where you are unsure about whether or not a person is safe, it's very important to figure the issue out!

Sometimes you simply don't know a person very well, so they don't feel comfortable discussing certain topics with you. In all fairness, that could have been the situation with my relatives. I never was very close with most people in my family, so I didn't know them terribly well. Anyway the closeness or lack thereof in the relationship should be taken into consideration when attempting to decide if a person is truly safe or unsafe.

If the person in question is a relative, I feel it can be important to know their immediate family & the relationship they have with them. That can be very telling. In my situation, the people were part of a branch of the family that was pretty enmeshed with each other. No one spoke up to their mother. Whatever she wanted, thought or believed was right, period. In fact, I saw only one person stand up to her one time about what I thought was a trivial matter & oddly, she never said anything in return. The incident did show me how much anger this person had inside, though, which unsettled me.

If the immediate family of the person in question is dysfunctional, you can guarantee the person also will be. The type of dysfunction is very important. Someone can be dysfunctional but trying to heal & change while also being kind & gentle. Yet, other dysfunctional people can be oblivious to just how dysfunctional they are, & they live their life out of that dysfunction, causing pain & chaos to others. This is how my family members are. They think they are functional & pretend any past trauma never

happened. They live in their dysfunction in a self righteous manner. A person who doesn't face their own dysfunction like this is going to be toxic to others to some degree. They may be invalidating to someone who mentions past trauma, saying things like it wasn't so bad or it's in the past so you need to let it go. Or, they may be outright cruel & say or do whatever they can to shut that person down. Clearly, people like this are unsafe & need to be avoided!

Another thing to consider.. if the person in question is close to someone who is actively abusive to you, it's a very safe bet whatever you say to them will get back to the active abuser. It may simply be said in passing without ill intent, or it may be very deliberate on their part. Either way, abusers have absolutely NO need to know anything whatsoever about the people they abuse. Chances are they will use the information to cause suffering to their victim. Even if they don't, I believe their toxic behavior has caused them to lose all right to know anything about their victim. So, even if the person doesn't show obvious signs of being toxic, at the very least, it is likely they will mention you to your abuser.

I hope these tips will help you to surround yourself with only safe, good people!

Thank you for listening to my podcast!