



## Homework #4

The DNA of Relationships

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This week's assignments (to be completed during the week with appropriate time for the exercises to be determined by each family)

**Adults(s):** Read chapter 4, pages 67-86 *Safety: Create A Safe Environment*. Complete the *One-Minute Review* on page 87.

**As a Couple (or family):** Answer the "Recapping the chapter questions on pages 192-193.

**Family Meeting:** Complete the "Applying principles from the Bible" section on page 193.

### Class Discussion Questions:

1. Have you ever felt unsafe in a relationship – emotionally, physically, or in some other way? What were your fears based on? How did you deal with those feelings?
2. Describe what a truly safe relationship looks like. Consider all forms of safety: emotional, physical, spiritual, mental, and environmental.
3. In general, do you feel safe in your relationships to open up and reveal your deepest thoughts and dreams, as well as your weaknesses and mistakes? How deep do most of your relationships go? Are they satisfying-do you feel that others know you for who you truly are- or do most relationships leave you feeling somewhat empty? Share as far as your comfort level allows.
4. This chapter discussed trustworthiness. What does it mean to be trustworthy with yourself? What are two possible responses to choose when people treat you badly?
5. **Final Word:** *Be to me a protecting rock of safety, where I am always welcome. Psalm 71:3*

In your family meeting this week, pray specifically to be reminded that  
God is our protector...Psalm 71:3.