

# WHAT IS YOUR TRUST CRITERIA?



Trust is built one conversation, one interaction at a time. There are layers or levels of trust, We tend to be like an onion and reveal ourselves or become more vulnerable with others in layers. Let's look at each level and how we establish trust at each level.

## Level 1 - "Safe Conversation" trust

This is where we bond over the shallow topics. I may trust you to pick up my mail while I'm away or to chat to about my amazing dentist.

**List three people that you can rely on for good safe conversation and why:**

1

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2

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3

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## Level 2 - "Exposing Ourselves" trust

Here we share more personal stories. What we believe in, our opinions and what we dream about.

**List three people that you trust to expose another layer to. Who do you share your stories with? Who do you ask for help?**

1

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2

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3

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## Level 3 - "Vulnerable" trust

This is the trust layer where we feel all emotions. Here we're willing to be angry, hurt and uncomfortable. Most people only have a few that they trust at this level. This is the hardest level as few of us are willing to truly expose all of us to this level.

**List three people that you trust to be completely vulnerable with. Who do you truly trust to see you warts and all?**

1

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2

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3

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## Betrayed trust

In order for us to work on practicing self-trust we must also identify who has 'betrayed' our trust or let us down. Could this be you letting yourself down?

Don't forget that a part of being able to trust is truly understanding that no one is perfect. This is not about beating yourself or another up for past failures, it is more to look at the situation where trust was broken and how we possibly contributed to this.

**List three people that have betrayed your trust and ask yourself how you may've contributed to the situation e.g. were you dishonest with the person?**

1

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2

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3

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## Trusting yourself

Without trust peace of mind is impossible.

① How would your life be different if you trusted yourself?

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② What is your criteria for trusting someone?

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③ What actions do people take that make you trust them? e.g. Do they do what they say they are going to do, call when they said they would?

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## Trusting yourself (continued)

- 4 For those you don't trust or who have betrayed your trust. What is it about them or their behaviour that makes you feel this way?

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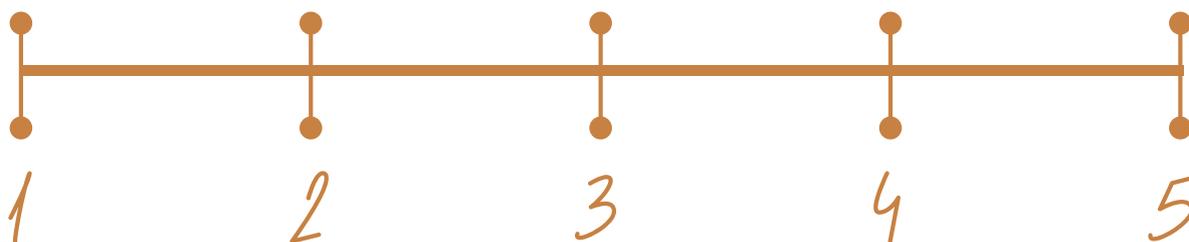
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- 5 List moments where there is a potential to trust another or yourself. Rate yourself on a scale of 1 (lowest level) and 5 (highest level).

Pay attention to whether feelings or behaviour dictate trust levels. Discovering your criteria for trust will help you in discerning who to trust.

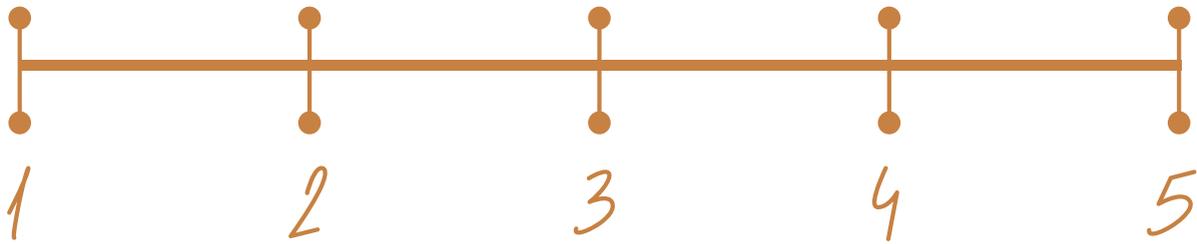
### SITUATION 1



# WHAT IS YOUR TRUST CRITERIA?



## SITUATION 2



## SITUATION 3

