

My Trust Definition

We are going to create a definition of trust in order to see what trust looks like and feels like to you. Later when we look at relationships, we can come back to this exercise and see if there are any changes you would like to make but for now, try to think about the following questions:

1. The person(s) I trust the most is
2. In my family is a person I trust
3. In my classis a person I trust
4. At work.....is a person I trust

Next, think about all the people you identified above. What is it about these people that make you feel trust? What are the characteristics that these people have (e.g. are they reliable? Honest? Consistent?). Use the space below to describe what trust looks like:

This time, think about some of the things the people above might say to you. Now use the box below to describe what trust sounds like?

Now, think about the way that these people make you feel. What are some of the things that they do that make you feel trust? Use the box below to describe what trust feels like.

Now that you have identified what trust looks, sounds and feels like use the space below to come up with a definition of what trust means to you.