



Building, Connecting & Healing In Relationships *Guide*

Trust In Relationships

DESCRIBE THE VARIOUS ELEMENTS THAT MAKE UP
BUILDING, CONNECTING, AND HEADING IN
RELATIONSHIPS

Trust

This guide helps you to identify and assess trust as a fundamental building block in your relationships. Creating trust is critical to the success of any relationship and this includes the relationship you have with yourself. In the Trust Decision sheet, you will assess four Domains how you purposefully use trust as a building block. The four Domains are with Self, Family/Significant Other, Employees/Business Partner & Customers.

Within the four Domains you are specifically assessing do you:

- Listen
- Follow Through
- Make Time For
- Are you Patient and Kind to
- Do you Prioritize
- Do you Create Safety For

Step 1: Start in the Self Domain and check Yes or No

So, for example you would ask under the **Self Domain**:

- Do I Listen to Myself?
- Do I Follow Through for Myself?
- Do I Make Time for Myself?
- Am I Patient and Kind to Myself?
- Do I Prioritize Myself?
- Do I Create Safety for Myself?

Step 2: Now fill in the Description of how you create trust in each Domain. Take some time to write down any similarities, patterns or any areas of improvement you may desire.

Step 3: Pick one Domain to work on over the next month and who you will work on it with.

Example A: I will work on creating trust for myself by prioritizing time for me **as evidenced by** making a doctor's appointment for a check-up and walking 15 minutes 3 days a week. I will share this goal with my significant other or someone important in my life as I honor the importance of creating trust with myself.

Example B: I will work on creating trust with my employee, Joe **as evidenced by** taking time to have lunch with him 2x a month with a focus and theme on the importance of creating trust. I will share this with him and put the lunch times on a calendar in advance.

Step 4: Be aware of how purposefully creating trust impacts you and your relationships

DOMAINS	SPECIFICS	YES	NO	DESCRIPTION ASSESS IF YOU SEE ANY SIMILARITIES OR NOTICE AREAS FOR IMPROVEMENT
SELF	LISTEN			
	FOLLOW THROUGH			
	MAKE TIME FOR			
	PATIENT & KIND			
	PRIORITIZE			
FAMILY	CREATE SAFETY			
	LISTEN			
	FOLLOW THROUGH			
	MAKE TIME FOR			
	PATIENT & KIND			
BUSINESS	PRIORITIZE			
	CREATE SAFETY			
	LISTEN			
	FOLLOW THROUGH			
	MAKE TIME FOR			
CUSTOMER	PATIENT & KIND			
	PRIORITIZE			
	CREATE SAFETY			
	LISTEN			
	FOLLOW THROUGH			
DOMAIN & SPECIFICS Who and what I will work on over the next month				