

THE LADDER OF TRUST

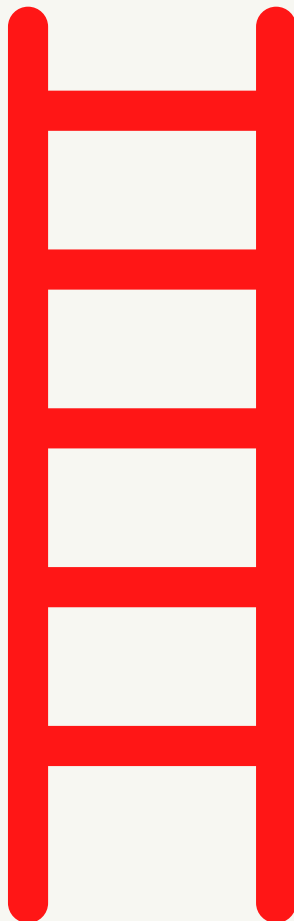


There are different levels of trust.

We aren't always talking about the same thing.

Check out this worksheet to support yourself and your relationship with trust.

This ladder can help you pin point the kind of trust you mean and can support a more productive and healthy conversations/relationships with yourself and others.



ACCOUNTABILITY

COMPETENT

CONCERN FOR OTHERS

INTEGRITY

SHARED VALUES

Trust Yourself



Grab a notebook & jot down your answers to these Q's



1. SHARED VALUES

Q-What am I willing to stand for?

Q- What do I truly value and believe?

Q- How do I behave on a daily basis to demonstrate my values?

2. INTEGRITY

Q- How can others count on me to tell the truth?

Q- Do I find myself making excuses for my behaviour?

Q- How are my actions consistent with what I say I believe?

3. CONCERN FOR OTHERS

Q- Do I believe people to be unique individuals?

Q- How do I show I care about other's wellbeing?

Q- How do I feel about being vulnerable with others (am I willing to open my heart) ?

Trust Yourself



4. COMPETENT (capable/skilled)

Q- Where are my strengths & what skills do I want to further develop?

Q- How can I showcase what I'm good at?

Q- How can I share & collaborate with others?

5. ACCOUNTABLE (responsible)

Q- How can people depend on me? Am I reliable?

Q- Can I be counted on to complete things on time?

Q- Do I follow through on my own commitments?

What are you learning
about your relationship
with trust?

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